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ABSTRACT

The Youth Risk Behavior Survey (YRBS) is a national survey developed by the Division of Adolescent and School Health, Centers for Disease Control and Prevention (CDC), in collaboration with 71 state and local departments of education and 19 federal agencies. The YRBS specifically investigates behaviors related to the leading causes of mortality, morbidity; and social problems. This YRBS report concentrates on high school and middle school students in Alaska. It examines student responses about six categories of adolescent behavior: (1) behaviors that result in unintentional and intentional injuries; (2) tobacco use; (3) alcohol and other drug use; (4) sexual behaviors that can result in HIV infection, other sexually transmitted diseases (STDs), and unintended pregnancies; (5) dietary behaviors; and (6) physical activity. Numerous tables highlight findings throughout the text. Appendix A contains high school questions and Alaska responses, and Appendix B contains middle school questions and Alaska responses. (DR)

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# Youth Risk Behavior Survey



PS 024094

# Alaska Report 1995

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# 1995 Alaska Youth Risk Behavior Survey (YRBS)



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- the report reviewers for their suggestions. While we have tried to incorporate or respond to all suggestions and comments from our reviewers, we did not ask them to reread and endorse the final version. The authors accept full responsibility for the content of this document.

## Youth Risk Behavior Survey Background

The Youth Risk Behavior Survey (YRBS) is a national survey developed by the Division of Adolescent and School Health, Centers for Disease Control and Prevention (CDC) in collaboration with 71 state and local departments of education and 19 federal agencies. The survey is a component of a larger national effort to assess priority health risk behaviors that contribute to the leading causes of mortality, morbidity and social problems among youth and adults in the United States.

### **Areas of Emphasis**

The YRBS specifically investigates behaviors related to the leading causes of mortality, morbidity and social problems among youth in the United States. Among deaths occurring to youths aged 5-24 years, 72% are due to intentional and unintentional injuries. Additionally, 86% of all sexually transmitted diseases occur among 15-29 year olds and each year an estimated 1 million teenage girls become pregnant. One in every five persons diagnosed with AIDS in the U.S. is between 20-29 years of age. Given that the incubation period from HIV infection to AIDS averages 10 years, many of these individuals were likely infected during their teenage years.

Voluntary behaviors directly contribute to the deaths, diseases and social problems described above. Examples of risk behaviors include: carrying a weapon, physical fighting, suicide attempts, drinking or using drugs, lack of seatbelt or helmet use and unprotected sexual intercourse.

Many behaviors that contribute to preventable adult deaths are started during youth. Among adults in the U.S. over 25 years of age, 67% of deaths are caused by diseases of the heart (35%), cancer (25%) and stroke (7%). Behaviors related to these causes of death include: use of tobacco; excessive consumption of fats, calories and sodium; insufficient consumption of fiber; fruits and vegetables; and insufficient physical activity.

The YRBS survey examines six categories of adolescent behavior:

- behaviors that result in unintentional and intentional injuries;
- tobacco use;
- alcohol and other drug use;
- sexual behaviors that can result in HIV infection, other sexually transmitted diseases (STD's) and unintended pregnancies;
- dietary behaviors; and
- physical activity.

### **Survey Development**

The YRBS high school survey was first implemented at the national level in 1990. Since that time CDC has sponsored national and state surveys in 1991, 1993 and most recently, in 1995.

A middle/junior high school version of the YRBS was implemented for the first time in 1995. Alaska first participated in the YRBS in 1995 at both the high school and middle school levels.

Whenever possible, questions were selected for the YRBS that had been used successfully in other school-based surveys of secondary school students. Evidence from previous surveys indicates that secondary school students can understand and appropriately respond to the questions. The questions were developed by health and education experts in their respective fields with the National Health Objectives and National Education Goals in mind.

Extensive focus group and field test work was conducted during the development of both high school and middle school questionnaires. A review of student responses led to recommendations for improving the wording of some questions, setting recall periods i.e. in the past 30 days and identifying response categories. The field testing also sought to identify survey conditions that would encourage honest responses. The field testing found that the best method for collecting data was the classroom where students are accustomed to being tested using a paper and pencil format. This and other research indicates that risk behavior data may be gathered from adolescents as reliably as from adults. To obtain truthful answers, students must perceive the survey as important and believe procedures are implemented to protect their privacy and allow for anonymous and voluntary participation.

### **Methodology:**

All public schools in Alaska with students in grades 9-12 for the high school survey and students in grades 7-8 for the middle school survey were eligible to be selected in the sample. Special education and English as a second language classes were excluded at the classroom level. Group home, correspondence and correctional schools were also excluded from the sample. A sufficient number of students were selected to give a  $\pm 5\%$  margin of error for each question. Because of the large number of small schools in Alaska, more schools were sampled than many other states. The methods used resulted in a sample that is statistically representative of all schools in Alaska which met the above criteria

A two-stage sample design was used. The first stage sampling consisted of all public schools at the high school and middle school level. Schools were selected with probability proportional to school enrollment size. For the second sampling stage, classes of a required subject or a required school period were randomly selected. All students in the selected classes were eligible to participate in the survey. Students, parents, schools and school districts had the opportunity to decline participation.

Teachers were given a script to read to students which established guidelines for student privacy and anonymity and the importance of the survey. Each student was given an unmarked envelope in which to seal his or her survey before turning it in. These survey envelopes remained sealed until received at a central state collection site.

The state survey was analyzed by the CDC and Westat, Inc. a CDC contractor. Analysis included the scanning of the surveys and performance of extensive edit checks to identify survey inconsistencies. When inconsistencies were found, responses were excluded from the analysis. For example, if a student reported in one question having never been in a physical fight, but then reported in another question being hurt in a physical fight, the data on that student was excluded for the two questions related to physical fighting.

At the same time that Alaska implemented the YRBS, a national YRBS was conducted at the high school level. At the time of this report, the 1995 national results are still being analyzed. Therefore, the report provides the 1993 national high school results as a comparison.

A national YRBS at the middle school level has not been done. Therefore, national comparisons are not available for the middle school section.

### **Survey Limitations:**

The statewide YRBS provides descriptive data on the *what, who, where* and *when* of the self reported behaviors in the six major categories. The questions of *why* and *how* cannot be answered by this survey. Furthermore, the data can only be generalized to the population that is defined in the sample: public school students in grades 7-8 and 9-12. Students who were enrolled in English as a second language classes, special education classes, correspondence schools, group home schools and correctional schools are not represented. Also, youth who dropped out of school are not included.

The middle school survey is not always directly comparable to the high school survey. First, the time frame asked in the survey questions is often different between the two surveys. For example, the middle school survey more commonly asked if a student had **ever** done a behavior, whereas the high school survey more commonly asked about the previous **30 days or 12 months**. Second, the middle school questions tend to be broader and more general than the high school questions. Third, the high school survey is longer, containing 84 questions compared to 54 for the middle school survey.

### **Participation in the State Survey:**

Because of the high response rates (described below) and a comparison of the demographics of survey responders to the total sampled population, Alaska was provided "weighted data." The weighted data makes it possible to generalize the results to all Alaska middle and high school students defined by the sample.

#### **High School**

At the high school level, 38 schools were selected. Of the 38 schools, 31 chose to participate in the survey resulting in a school response rate of 82%. Within the

schools that participated, the student response rate was 78%, resulting in 1,634 respondents. Characteristics of the respondents are shown below:

		Unweighted Number	Weighted Percent
Age(years)*	<=15	597	36.5
	16-17	821	48.1
	>=18	215	15.3
Sex*	Male	821	47.6
	Female	807	52.4
Grade	9th	497	29.8
	10th	383	25.8
	11th	477	23.0
	12th	269	21.0
	Ungraded/other	8	0.4
Race/Ethnicity	White-not Hispanic	1147	68.3
	Black-not Hispanic	87	5.2
	Hispanic or Latino	53	3.3
	American Indian or Alaska Native	184	15.0
	Asian or Pacific Islander	75	4.3
	Other	62	3.9

\*numbers may not total 1,634 due to missing responses

## Middle School

At the middle school level, 40 schools were selected as part of the statewide sample. Of the 40 schools, 32 participated, resulting in a middle school response rate of 80%. At this level, 80% of the sampled students completed the surveys, resulting in 1,265 respondents. The middle school questionnaire did not include a question on race/ethnicity. Characteristics of the respondents are shown below:

		Unweighted Number	Weighted Percent
Age (years)	<=12	200	15.8
	13	591	46.8
	>=14	474	37.4
Sex*	Male	651	52.3
	Female	608	47.7
Grade*	7	636	50.6
	8	606	48.0
	Other	15	1.3

\*numbers may not total 1,265 due to missing responses

# High School Results

## Grades 9-12

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*1995 YRBS-High School*

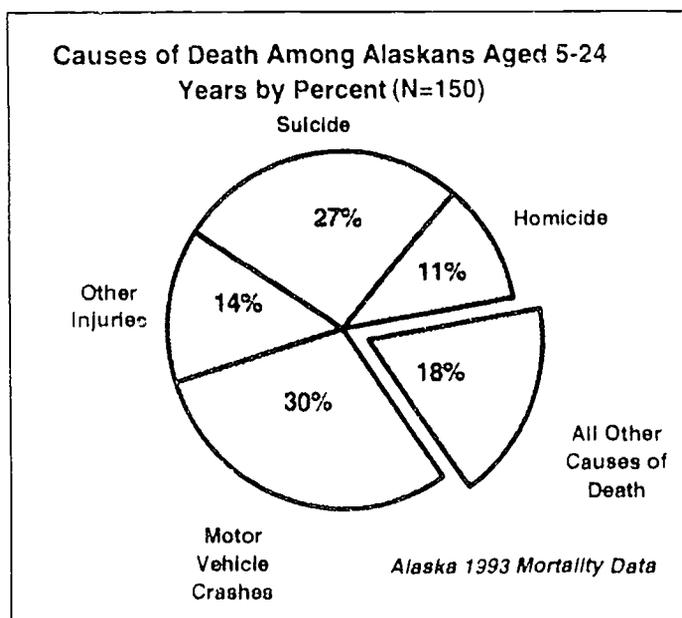
## Introduction:

The report that follows presents selected findings from the high school YRBS. The results of all survey questions, number of responses and weighted percentages are included in Appendix A. Information from the 1995 Alaska YRBS and the 1993 National YRBS are included. The responses in the report represent all students surveyed unless otherwise specified.

## Section 1: Injury

### BACKGROUND

Injuries are the leading causes of death among children, adolescents and young adults. As shown in the accompanying graph, 82% of the deaths among young people in Alaska (ages 5-24 years) are attributable to injuries, including motor vehicle crashes, homicide, suicide and other unintentional injuries. In the age group 5-14 years, boys are 1.3 times as likely to die and in the age group 15-24 years, boys and young men are almost 3 times as likely to die as girls and young women. Furthermore, Alaskans of all ages have one of the highest suicide rates in the U.S. (Alaska: 23.6/100,000; U.S.:11.2/100,000)<sup>1</sup>.

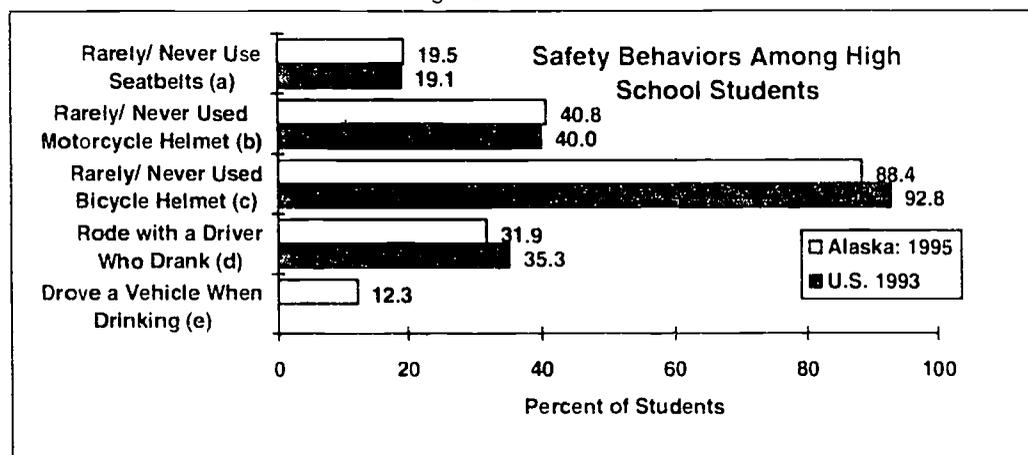


## YRBS RESULTS

### Safety Behaviors Regarding Vehicles and Bicycles

Among high school students, about 20% rarely or never use seatbelts. Among those who ride motorcycles, about 40% rarely or never wear helmets; among those who ride bicycles, 88.4% do not wear helmets. Within the 30 days prior to the survey, 31.9% rode with an automobile driver who had been drinking alcohol and 12.3% drove a vehicle when drinking alcohol. Alaska data are similar to the U.S. data for all of these measures, although U.S. data for driving while drinking are not available.

1995 Alaska & 1993 U.S. YRBS-High School Results

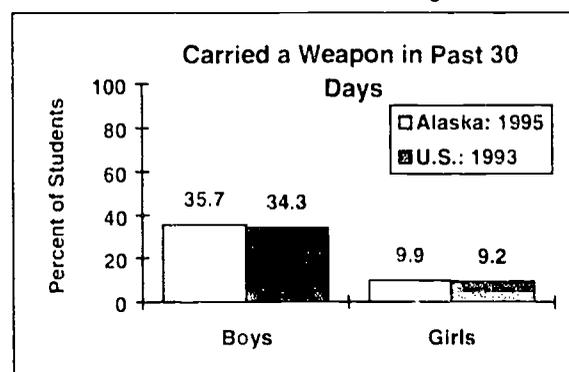


- a) When riding in a vehicle driven by someone else.
- b) Among students who rode motorcycles in the 12 months preceding the survey
- c) Among students who rode bicycles in the 12 months preceding the survey.
- d) One or more times during the 30 days preceding the survey
- e) One or more times during the 30 days preceding the survey; no national data

### Carried a Weapon

Over one-third of high school boys report having carried a weapon, such as a gun, knife, or club within the past 30 days. About 10% of girls reported carrying a weapon. The Alaska data are similar to the U.S. data.

1995 Alaska & 1993 U.S. YRBS-High School Results

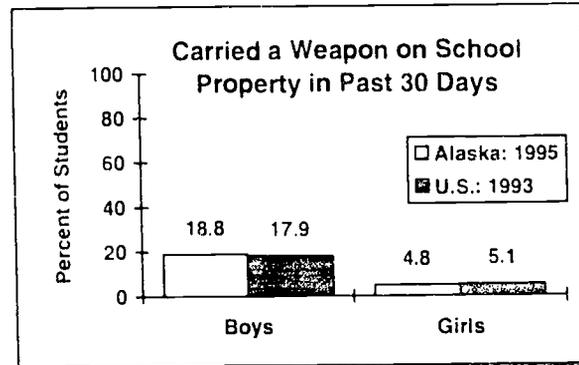


2

### Carried a Weapon on School Property

Among Alaska high school students, 18.8% of boys and 4.8% of girls report having carried a weapon, such as a gun, knife or club, on school property in the previous 30 days. The Alaska data are similar to the U.S. data.

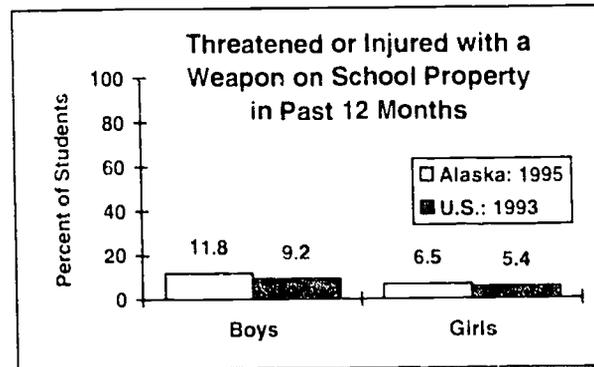
1995 Alaska & 1993 U.S. YRBS-High School Results



### Threatened or Injured by a Weapon on School Property

Among Alaska high school students, 11.8% of boys and 6.5% of girls report having been threatened or injured with a weapon such as a gun, knife or club on school property within the past 12 months. The Alaska data are similar to the U.S. data.

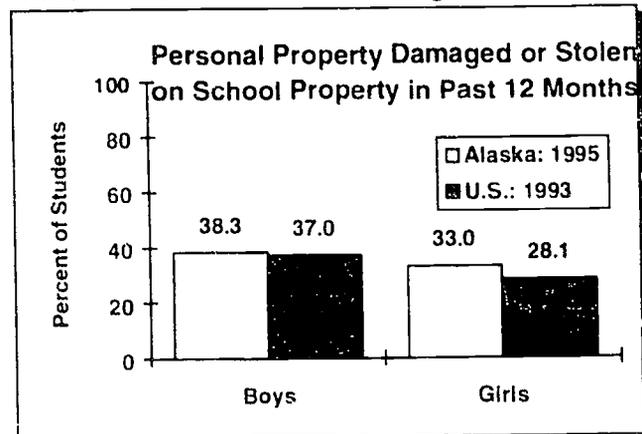
1995 Alaska & 1993 U.S. YRBS-High School Results



### Personal Property Stolen/Deliberately Damaged on School Property

Approximately one third of Alaska high school students report having had personal property, such as a car, clothing or books, deliberately damaged or stolen on school property within the past 12 months. The Alaska data are similar to the U.S. data.

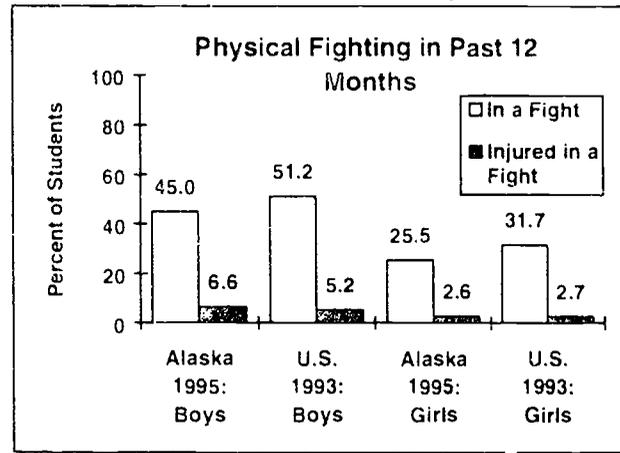
1995 Alaska & 1993 U.S. YRBS-High School Results



## Physical Fighting in Past Twelve Months

Among Alaska high school boys, 45.0% report having been in a physical fight within the past 12 months and 6.6% report having been injured (requiring treatment by a doctor or nurse) in a physical fight. Girls are less likely to report physical fighting.

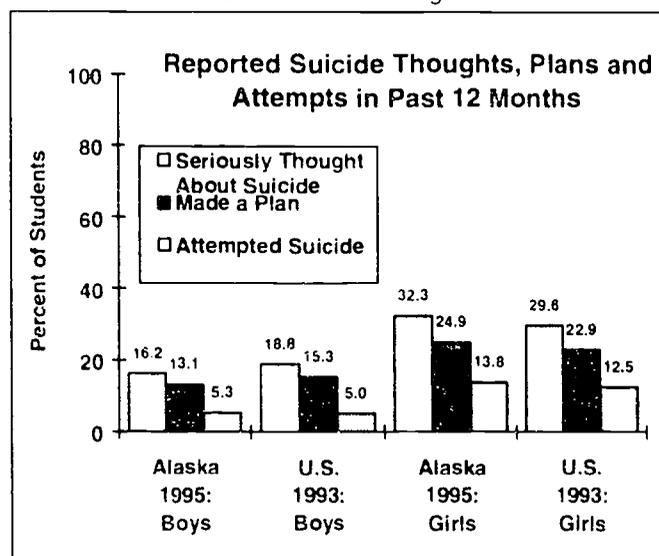
1995 Alaska & 1993 U.S. YRBS-High School Results



## Suicide

Girls are more likely to report suicide thoughts, plans and attempts within the past 12 months than are boys. Among Alaska girls, 32.3% have seriously thought about suicide, 24.9% have made a plan and 13.8% report suicide attempts. Among Alaska boys, 16.2% have seriously thought about suicide, 13.1% have made a plan and 5.3% report suicide attempts.

1995 Alaska & 1993 U.S. YRBS-High School Results



## Section 2: Tobacco Use

### BACKGROUND

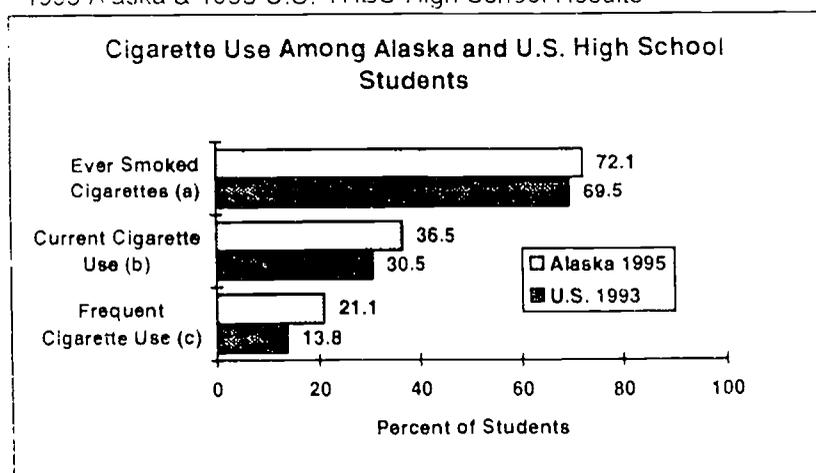
Tobacco is the leading preventable cause of premature mortality in the United States. The majority of Alaska smokers (83.7%), began smoking between the ages of 10 and 20 years<sup>2</sup>. Because of the addictive properties of nicotine, smokers find it difficult to quit. Therefore, many efforts to decrease smoking in our society have been directed towards youth to decrease access to tobacco products and to discourage youth from starting to smoke<sup>3</sup>.

### YRBS RESULTS

#### Cigarette Smoking

Alaska high school students are more likely to be current smokers and frequent smokers, than are U.S. students. Smoking rates are similar for boys and girls.

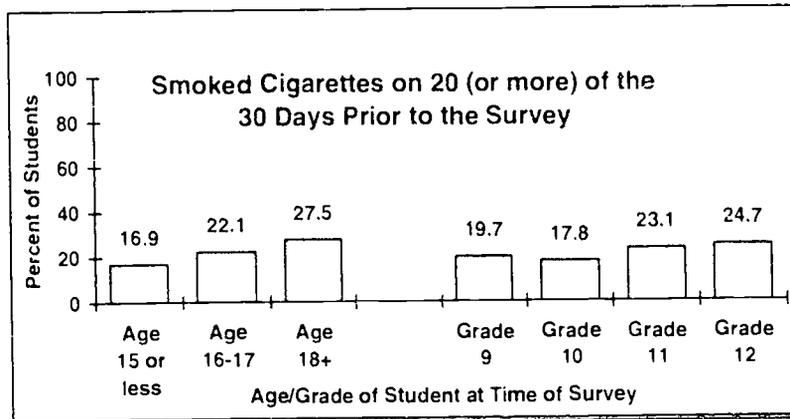
1995 Alaska & 1993 U.S. YRBS-High School Results



- a) Ever tried cigarette smoking  
b) Smoked on at least one of the 30 days prior to the survey.  
c) Smoked on at least 20 of the 30 days prior to the survey

1995 Alaska YRBS-High School Results

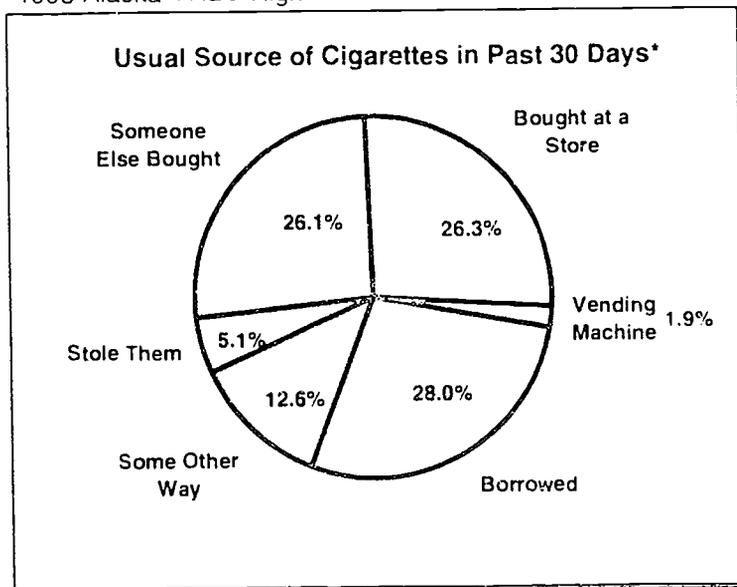
Alaska students who are older and in higher grades, are more likely to be frequent smokers (smoking 20 or more days of the previous 30 days). Almost 20% of ninth graders are frequent smokers.



Where are Students Getting Cigarettes?

During the 30 days prior to the survey, most Alaska high school students obtained cigarettes in the following ways: borrowed from someone else, someone else bought the cigarettes, or the student purchased his/her own cigarettes. Few use vending machines.

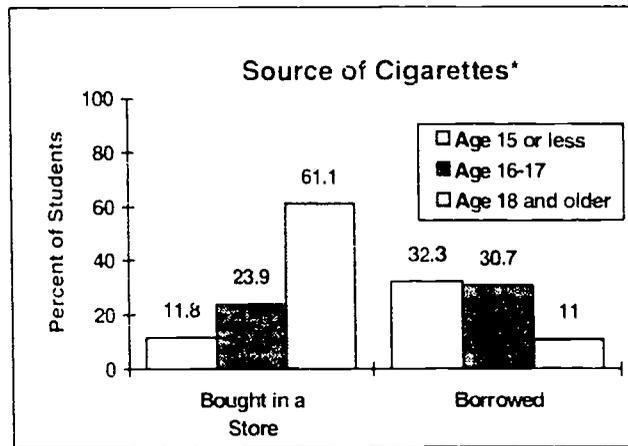
1995 Alaska YRBS-High School Results



\*Among students who smoked cigarettes in past 30 days

Of Alaska students who smoked in the past 30 days, those aged 18 and older are far more likely to buy their own cigarettes in stores, whereas younger students are more likely to borrow cigarettes. Even so, almost 12% of students aged 15 or less bought cigarettes in a store.

1995 Alaska YRBS-High School Results

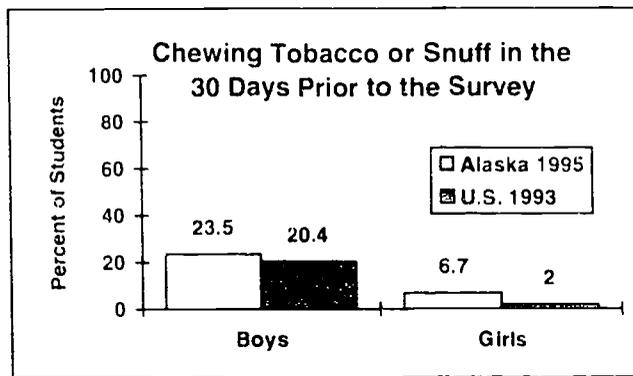


\*Among students who smoked in past 30 days.

### Chewing Tobacco and Snuff

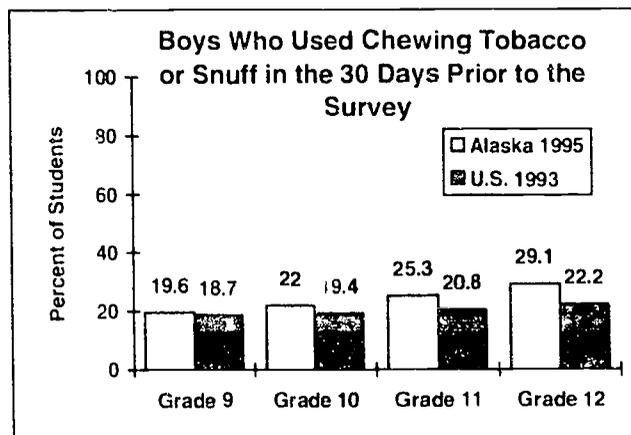
Boys are more likely than girls to report having used chewing tobacco or snuff in the 30 days prior to the survey. Alaska girls are more likely to use smokeless tobacco than are U.S. girls.

1995 Alaska & 1993 U.S. YRBS-High School Results



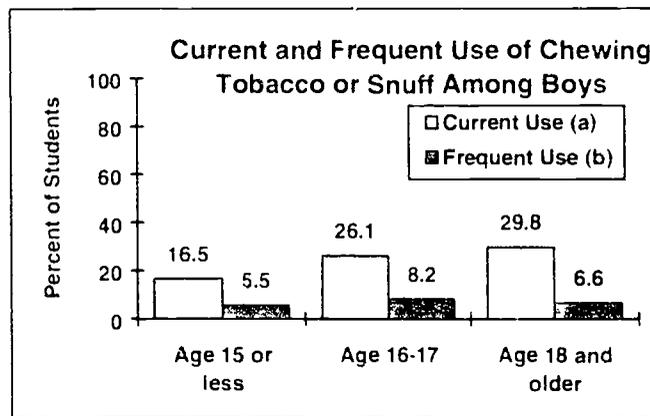
Smokeless tobacco use increases with grade level, so that 29.1% of high school senior boys have used smokeless tobacco products within the past 30 days. The data suggest that Alaska boys are more likely to be current users of smokeless tobacco than are U.S. boys.

1995 Alaska & 1993 U.S. YRBS-High School Results



1995 Alaska YRBS-High School Results

Almost 30% of high school boys aged 18 and older have used chewing tobacco or snuff at least once during the past 30 days. The data suggest that frequent use (use on 20 or more of the previous 30 days) is more common among boys aged 16 and 17.



- a) Used at least once in the 30 days prior to the survey.
- b) Used on 20 or more of the 30 days prior to the survey

## Section 3: Drug and Alcohol Use

### BACKGROUND

Alcohol and drug abuse are major contributing factors in homicides, suicides and motor vehicle crashes, which are the leading causes of death and disability among young people in the U.S. and in Alaska. Heavy drinking and drug abuse among youth are linked to physical fights, destroyed property, job problems, school failure, delinquency, unwanted pregnancies and transmission of sexually transmitted diseases<sup>4,5</sup>.

An estimated 19.2% of Alaska adults report binge drinking (having five or more drinks on an occasion, one or more time in the past month). Alaska's rate of binge drinking is among the highest in the U.S.<sup>6</sup>

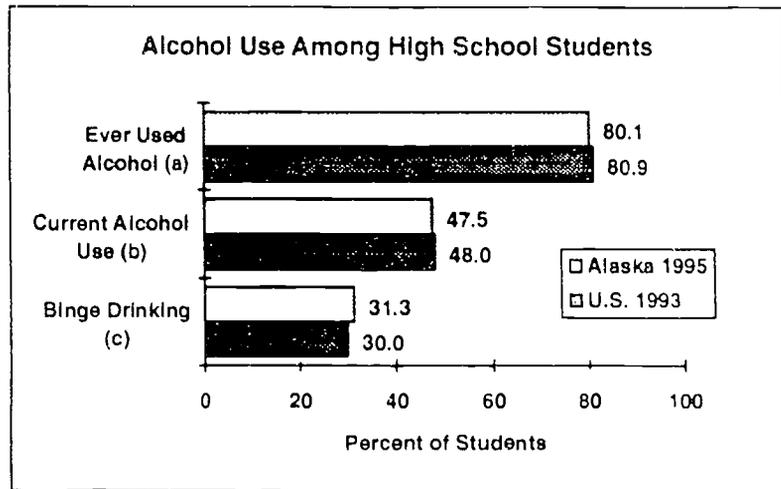
### YRBS RESULTS

#### Use of Alcohol

Almost half of Alaska high school students have had at least one drink of alcohol in the past 30 days.

Additionally, 31.3% report binge drinking (five or more drinks in a row at least once in the past 30 days). Alaska students are similar to U.S. students.

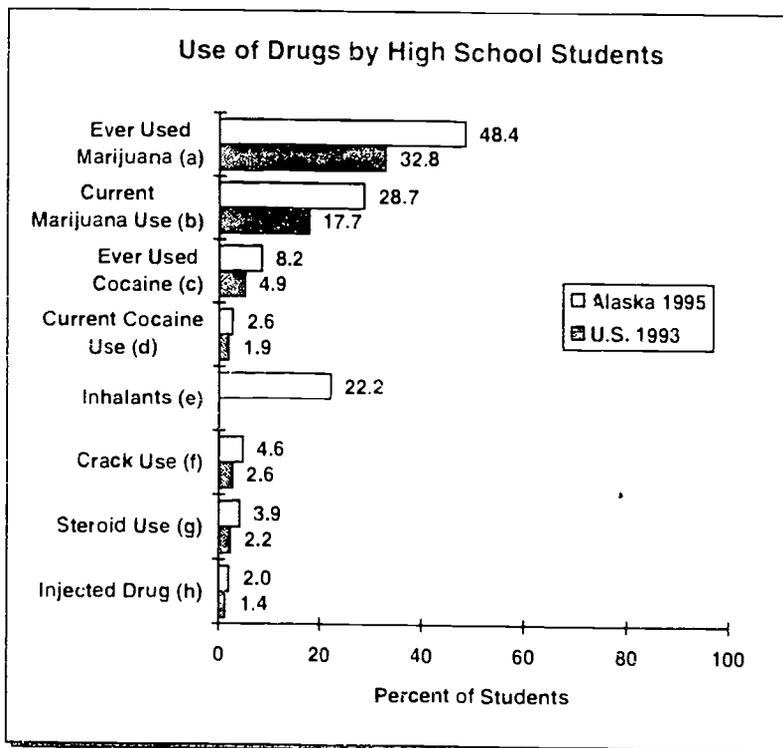
1995 Alaska & 1993 U.S. YRBS-High School Results



- a) Ever had at least one drink
- b) Had at least one drink in the 30 days prior to the survey
- c) Had five or more drinks within a couple of hours, in the 30 days prior to the survey

### Use of Drugs

The most common drugs used by high school students in Alaska are marijuana and inhalants (glues, paints and sprays). Alaska students are more likely to report use of all drugs than are U.S. students. Boys were slightly more likely than girls to report marijuana use within the past 30 days (32.1% of boys versus 24.9% of girls, data not shown); otherwise results for boys and girls are similar.

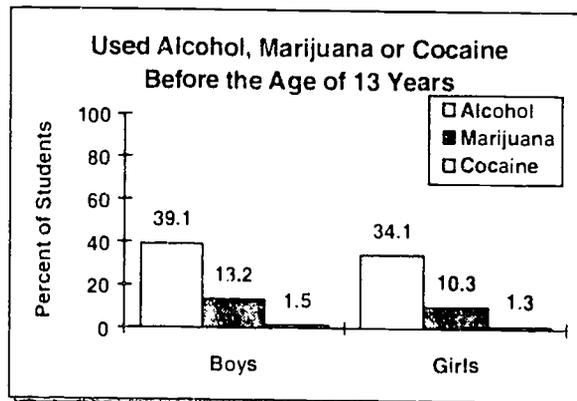


- a) Ever used marijuana
- b) Used marijuana one or more times in the 30 days preceding the survey.
- c) Ever tried any form of cocaine.
- d) Used cocaine on one or more days in the 30 days prior to the survey
- e) Ever sniffed glue, breathed contents of spray cans or inhaled paints or sprays to get high; no U.S. data.
- f) Ever used crack or freebase.
- g) Ever used illegal steroids.
- h) Ever used a needle to inject an illegal drug

### Use of Alcohol, Marijuana and Cocaine Before Age 13 Years

Almost 40% of Alaska high school boys report having had a first drink of alcohol before age 13 years. Also by age 13 years, 13.1% of boys and 10.3% of girls report having tried marijuana for the first time, accounting for about a quarter of those who have ever used marijuana. Percentages of age at first use are similar for boys and girls.

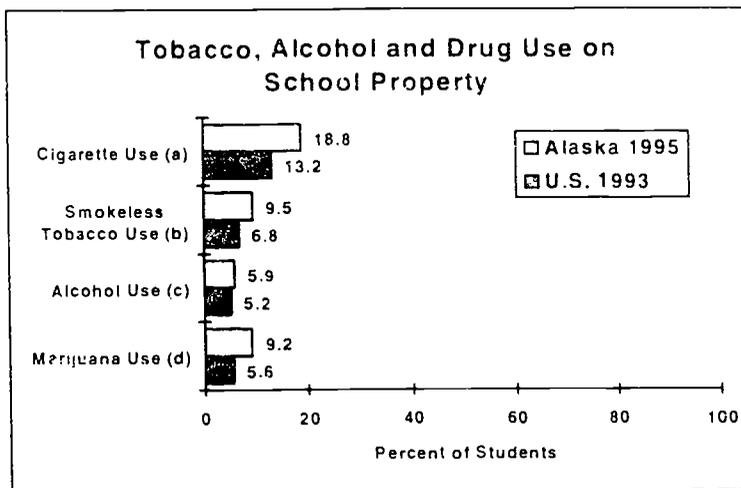
1995 Alaska YRBS-High School Results



## Tobacco, Alcohol and Drug Use on School Property

Some drug use occurs on school property. Even though the overall use of marijuana is lower than alcohol, more Alaska students use marijuana than alcohol on school property. Alaska students are more likely to report use of drugs on school property than are U.S. students. The only exception is for alcohol use where results are similar.

1995 Alaska & 1993 U.S. YRBS-High School Results

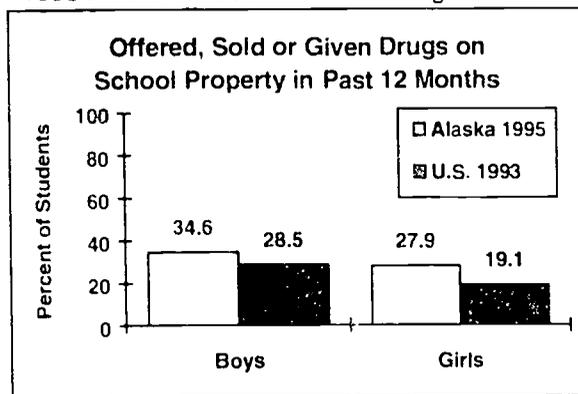


- a) Used cigarettes on school property at least one of the 30 days prior to the survey.
- b) Used chewing tobacco or snuff on school property on at least of the 30 days prior to the survey.
- c) Drank alcohol on school property on at least one of the 30 days prior to the survey.
- d) Used marijuana on school property on at least one of the 30 days prior to the survey.

## Students Who Where Offered, Sold or Given Drugs

Among Alaska high school students, 34.6% of boys and 27.9% of girls have been offered, sold or given an illegal drug on school property in the preceding 12 months. U.S. students are less likely to be offered, sold or given drugs on school property.

1995 Alaska & 1993 U.S. YRBS-High School Results



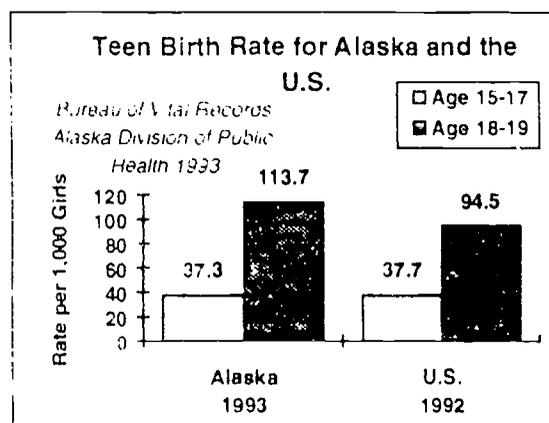
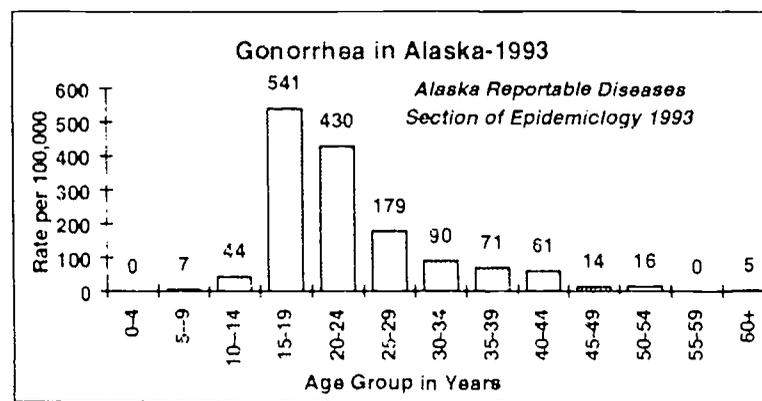
## Section 4: Sexual Behaviors

### BACKGROUND

Early sexual activity can be associated with unwanted pregnancy and sexually transmitted diseases, including HIV infection. Sexually transmitted diseases can lead to infertility, pelvic inflammatory disease and other complications. HIV infection which leads to AIDS is not curable and preventive efforts are the only means of decreasing the spread of the epidemic.

The graph below shows that the age group 15-19 years has the highest rate of gonorrhea infection.

The graph below shows the teen birth rate for Alaska and for the U.S. In 1993, 428 girls age 17 and younger gave birth in Alaska<sup>7</sup>.



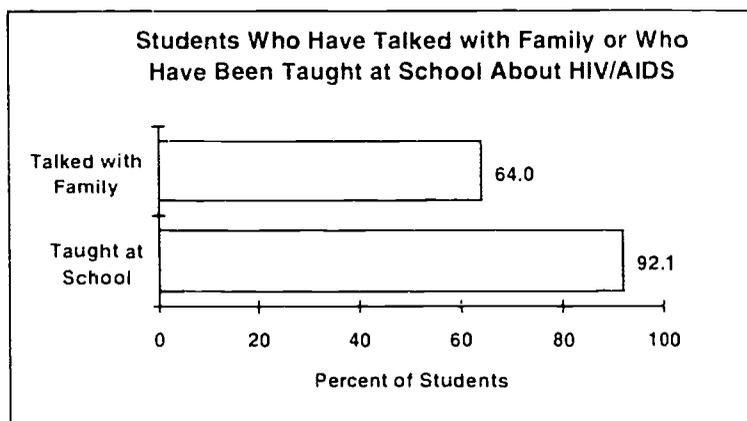
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## YRBS RESULTS

### How are Alaska High School Students Learning about HIV/AIDS?

1995 Alaska YRBS-High School Results

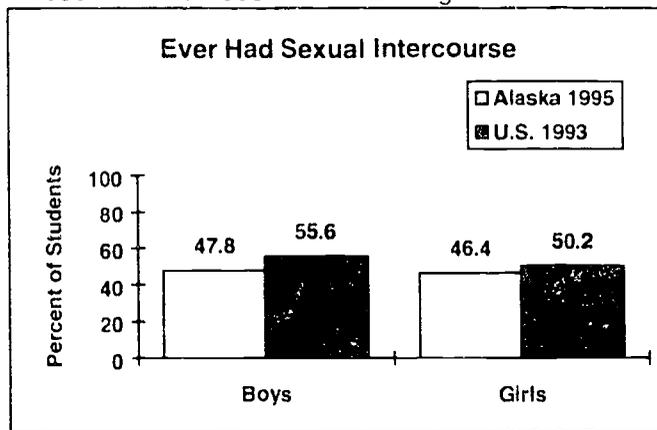
Over 90% of high school students have been taught about HIV/AIDS in school. Almost two-thirds report that they have talked about HIV/AIDS infection with their parents or other adults in the family.



### Sexual Activity

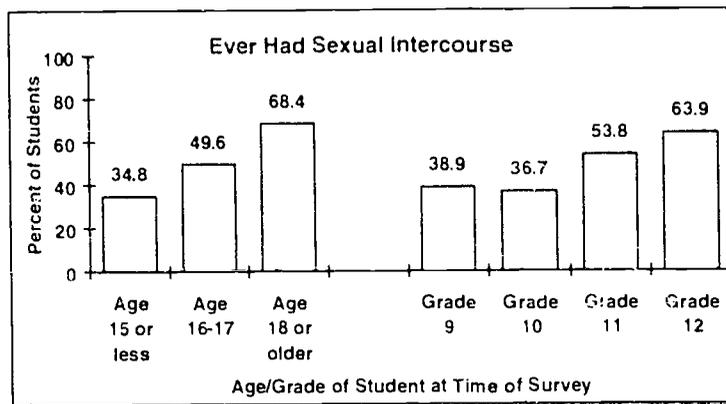
Almost half of high school students report that they have had sexual intercourse at least once. Rates are similar for boys and girls. The data suggest that Alaska rates are slightly less than the U.S. rates.

1995 Alaska & 1993 U.S. YRBS-High School Results



1995 Alaska YRBS-High School Results

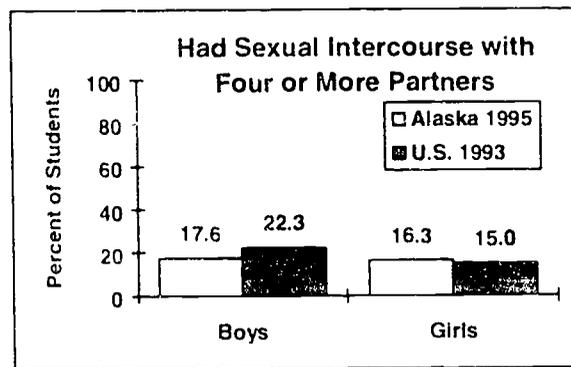
The percent of Alaska students who report ever having sexual intercourse increases from 34.8% among those aged 15 or less to 68.4% among those aged 18 and older. Similarly, the percent increases with grade: 63.9% of high school seniors have had sexual intercourse at least once.



Number of Partners

Among Alaska high school boys, 17.6% have had sexual intercourse with four or more partners. Of Alaska girls, 16.3% report having had four or more partners. The data suggest that Alaska rates for boys are less than U.S. rates.

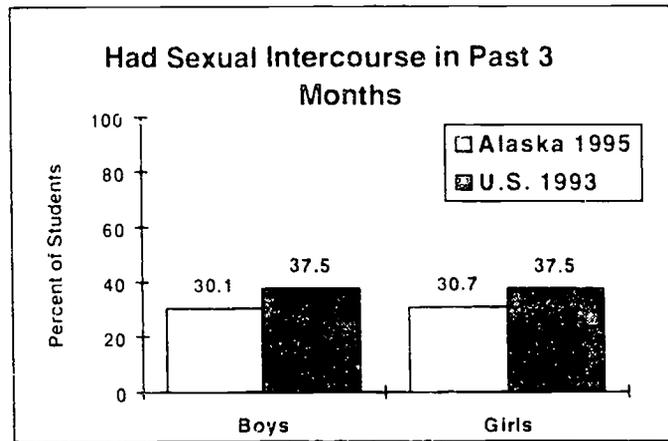
1995 Alaska & 1993 U.S. YRBS-High School Results



### Current Sexual Activity

Among high school students, over 30% have had sexual intercourse within the past 3 months. The U.S. rates are higher than the Alaska rates.

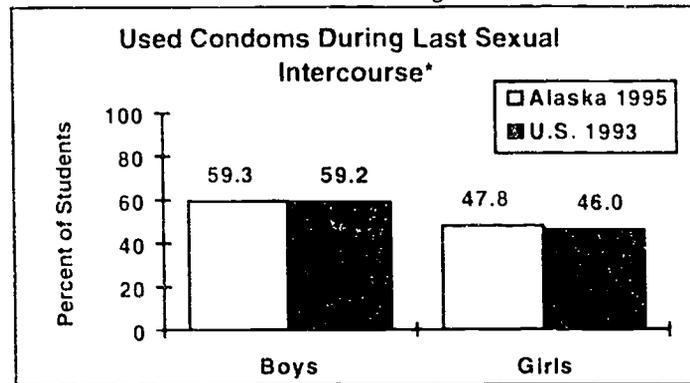
1995 Alaska & 1993 U.S. YRBS-High School Results



### Condom Use

Almost 60% of high school boys and over 45% of girls who have had sexual intercourse used a condom during last intercourse. Rates for Alaska and U.S. are similar.

1995 Alaska & 1993 U.S. YRBS-High School Results



\*Among students who have ever had sexual intercourse

## Section 5: Weight and Dietary Behaviors

### BACKGROUND

National data show that obesity is increasing among adolescents. Obesity acquired during childhood often persists into adulthood, increasing the later risk for diabetes, high blood pressure and heart disease<sup>8</sup>. In addition, obesity can cause social and psychological stress to children and adolescents<sup>9</sup>.

Adolescent girls may develop eating disorders. An overemphasis on thinness may also be unhealthy.

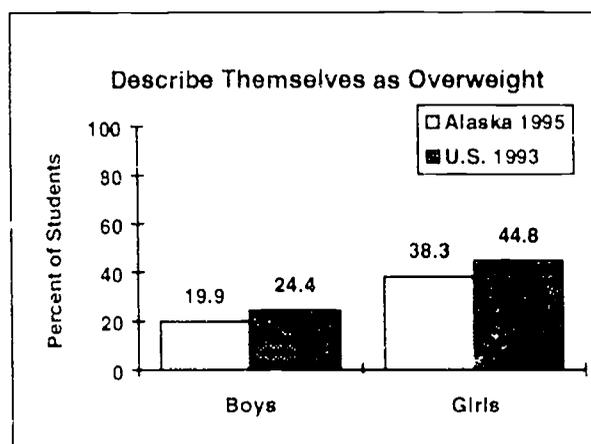
To avoid problems of obesity and eating disorders, healthy eating habits should be encouraged among adolescents. Current dietary guidelines include increasing consumption of breads, grains and cereals; eating at least five servings of fruits and vegetables per day and maintaining a healthy weight<sup>10</sup>.

### YRBS RESULTS

#### Perception of Weight

More than one third of high school girls describe themselves as overweight. Girls are more likely to describe themselves as overweight than are boys. Alaska students are somewhat less likely to describe themselves as overweight than are U.S. students.

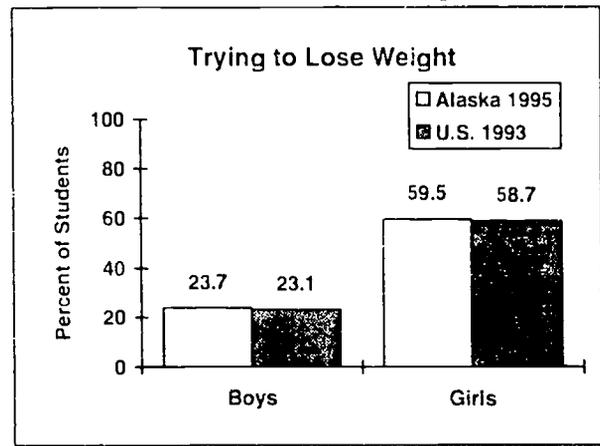
1995 Alaska & 1993 U.S. YRBS-High School Results



## Trying to Lose Weight

Although 38.3% of girls describe themselves as overweight, 59.5% are trying to lose weight--almost twice as many. The percent of boys who are trying to lose weight is similar to the percent who perceive themselves as being overweight.

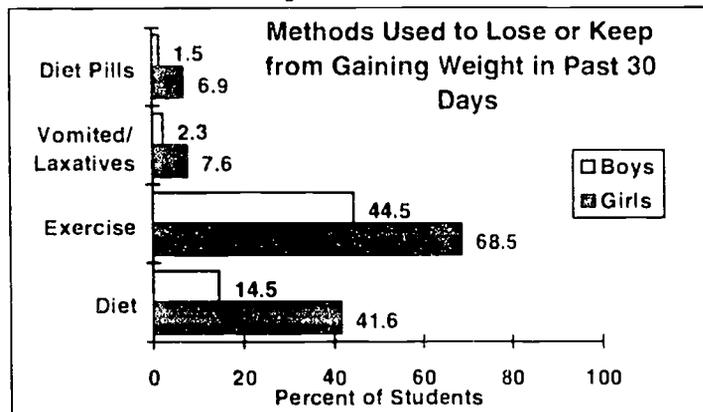
1995 Alaska & 1993 U.S. YRBS-High School Results



## Methods To Lose or Keep from Gaining Weight

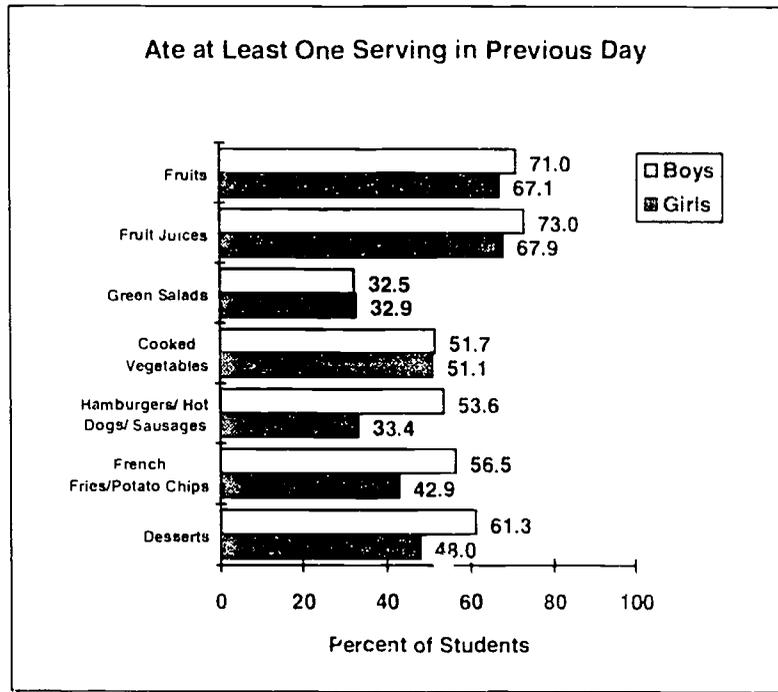
Exercise and diet are the most common method used by high school students to lose or keep from gaining weight. About 8% of high school girls have vomited or used laxatives for weight loss and 6.9% have used diet pills within the past 30 days. Equivalent data for the U.S. are not available.

1995 Alaska YRBS-High School Results



**Nutrition Behaviors**

Alaska boys are more likely than Alaska girls to report eating hamburgers, french fries and desserts (cakes, cookies, doughnuts, pie). Over 70% of boys and 67% of girls reported eating fruit and drinking fruit juice in the previous day.



## Section 6: Physical Activity

### BACKGROUND

Regular physical activity can increase life expectancy<sup>11</sup>. Physical activity can also enhance mental health and self-esteem, of particular benefit to adolescents<sup>12</sup>. As with nutrition, development of good exercise habits in childhood and adolescence which are maintained into adulthood can prevent or delay many chronic diseases.

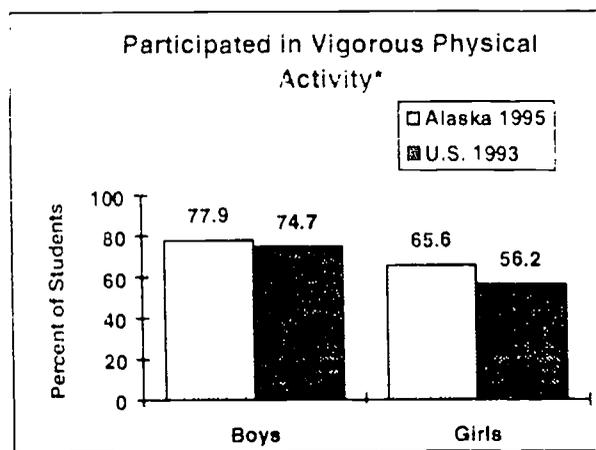
### YRBS RESULTS

#### Vigorous Physical Activity

Among Alaska high school students, 77.9% of boys and 65.6% of girls participated in vigorous physical activity on 3 or more of the 7 days prior to the survey. Alaska students, especially girls, are more likely to report vigorous physical activity than are U.S. students.

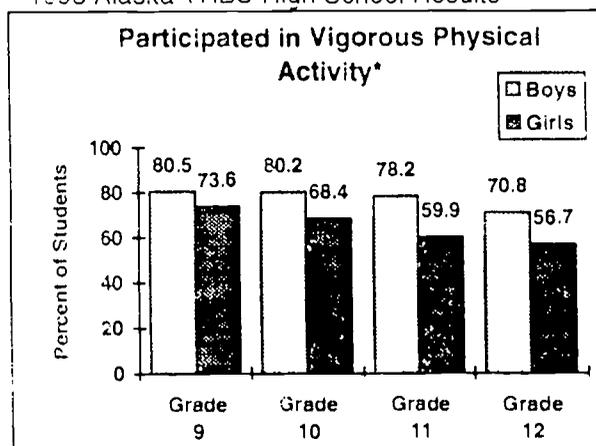
Among both boys and girls in Alaska, the proportion reporting vigorous exercise decreases with increasing grade level. The decrease is most apparent among girls.

1995 Alaska & 1993 U.S. YRBS-High School Results



\*Exercised or participated in sports activities for at least 20 minutes that caused sweating and heavy breathing, on 3 or more of the past 7 days.

1995 Alaska YRBS-High School Results



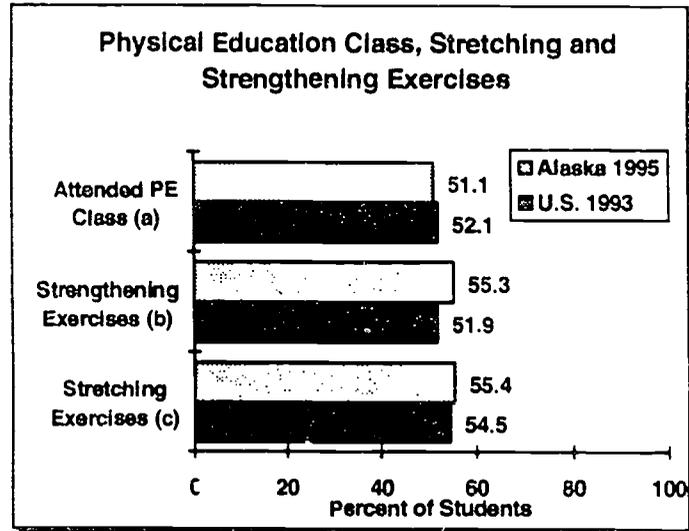
\*Exercised or participated in sports activities for at least 20 minutes that caused sweating and heavy breathing, on 3 or more of the past 7 days.

## Other Participation in Physical Activity

Approximately 50% of Alaska high school students participate in physical education classes. Participation decreases with increasing grade; 65.9% of ninth graders attend PE classes, whereas 42.0% of 12th graders attend PE classes (data not shown). Boys more commonly report muscle strengthening exercises than girls (61.6% of boys and 48.5% of girls). Similar percentages of boys and girls report stretching exercises. Alaska and U.S. students are similar for participation in these exercises.

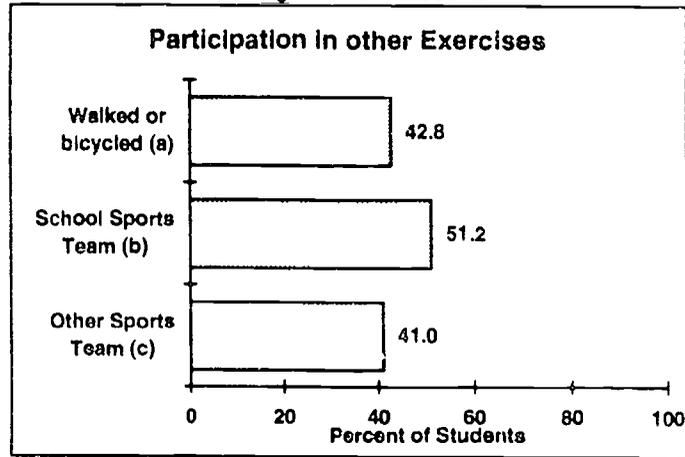
Among Alaska high school students, 42.8% walked or bicycled (at least 30 minutes on 3 of the past 7 days); the percentage of students walking and bicycling also decreases with increasing grade level. About half of all high school students report participating on at least one school sponsored sports team in the past 12 months.

1995 Alaska & 1993 U.S. YRBS-High School Results



- a) Attended PE class one or more days in an average school week.
- b) Exercises to strengthen or tone muscles on 3 of the past 7 days.
- c) Stretching exercises on 3 of the past 7 days.

1995 Alaska YRBS-High School Results



- a) Walked or bicycled for at least 30 minutes on 3 of the past 7 days.
- b) Played on 1 or more sports teams sponsored by the school in the past 12 months.
- c) Played on one or more sports teams run by organizations outside the school in the past 12 months.

# Middle School Results

## Grades 7-8

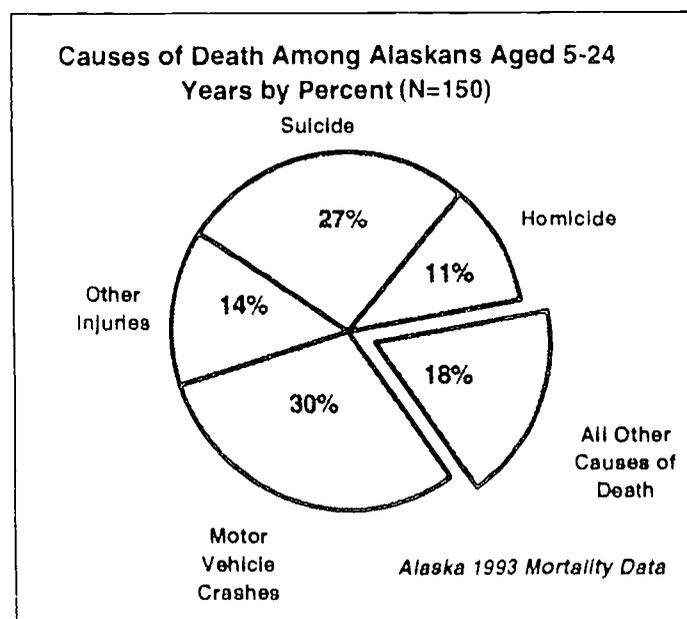
## **Introduction:**

The report that follows presents selected findings from the 1995 middle school YRBS. The results of survey questions, number of responses and weighted percentages are included in Appendix B. The middle school survey is not always comparable to the high school survey as noted under Survey Limitations (page iii). Comparable U.S. middle school data are also not available. The responses in the report represent all students surveyed unless otherwise specified.

## **Section 1: Injury**

### **BACKGROUND**

Injuries are the leading causes of death among children, adolescents and young adults. As shown in the accompanying graph, 82% of the deaths among young people in Alaska (ages 5-24 years) are attributable to injuries, including motor vehicle crashes, homicide, suicide and other unintentional injuries. In the age group 5-14 years, boys are 1.3 times as likely to die and in the age group 15-24 years, boys and young men are almost 3 times as likely to die as girls and young women. Furthermore, Alaskans of all ages have one of the highest suicide rates in the U.S. (Alaska: 23.6/100,000; U.S.:11.2/100,000)<sup>1</sup>.



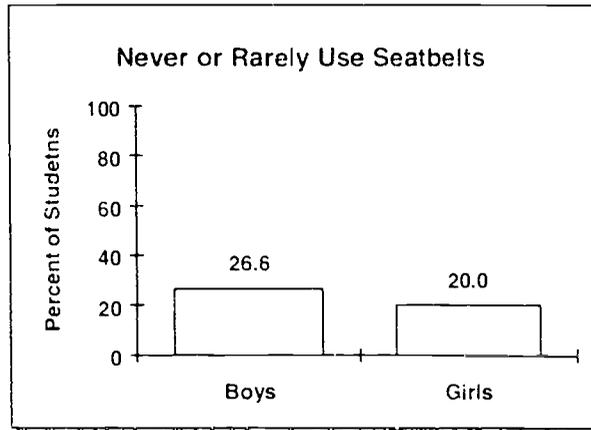
## YRBS RESULTS

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### Seatbelt Use

Among middle school students, 23.6% of boys and 20.0% of girls report never or rarely using seatbelts when riding in a car. About 56% report using seatbelts all or most of the time.

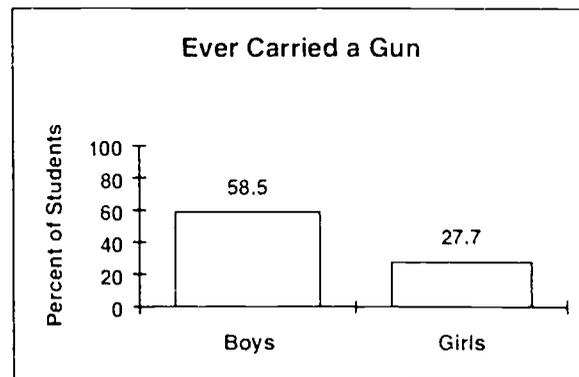
1995 Alaska YRBS-Middle School Results



### Carried a Gun

Almost 60% of middle school boys and almost 30% of girls report having ever carried a gun. The survey did not inquire about the reasons for carrying a gun: some students may be involved in hunting and other sports activities.

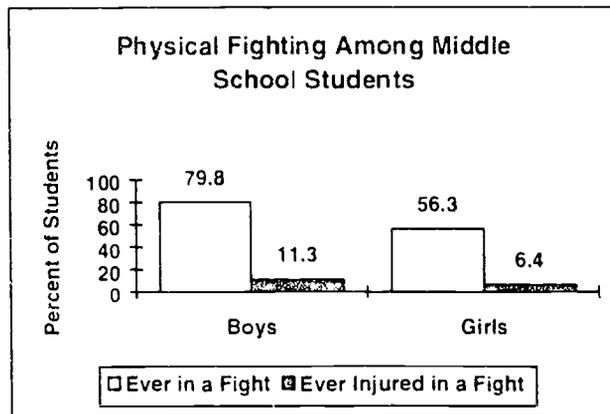
1995 Alaska YRBS -Middle School Results



## Physical Fighting

Most middle school boys and over half of the girls have been involved in a physical fight at least once in their lifetime. Almost 10% of boys and girls report having received an injury in a physical fight severe enough to have required treatment by a doctor or nurse.

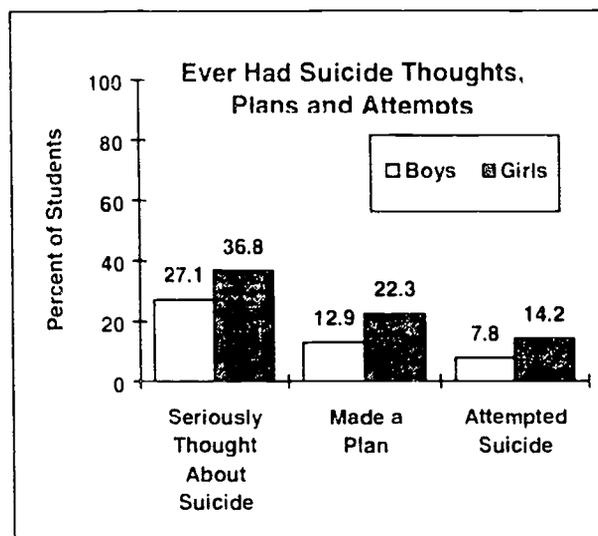
1995 Alaska YRBS-Middle School Results



## Suicide

A number of middle school students have thought about suicide, made plans or attempted suicide in their lifetimes. Girls are more likely to report suicide thoughts, plans and attempts than are boys.

1995 Alaska YRBS-Middle School Results



## Section 2: Tobacco Use

### BACKGROUND

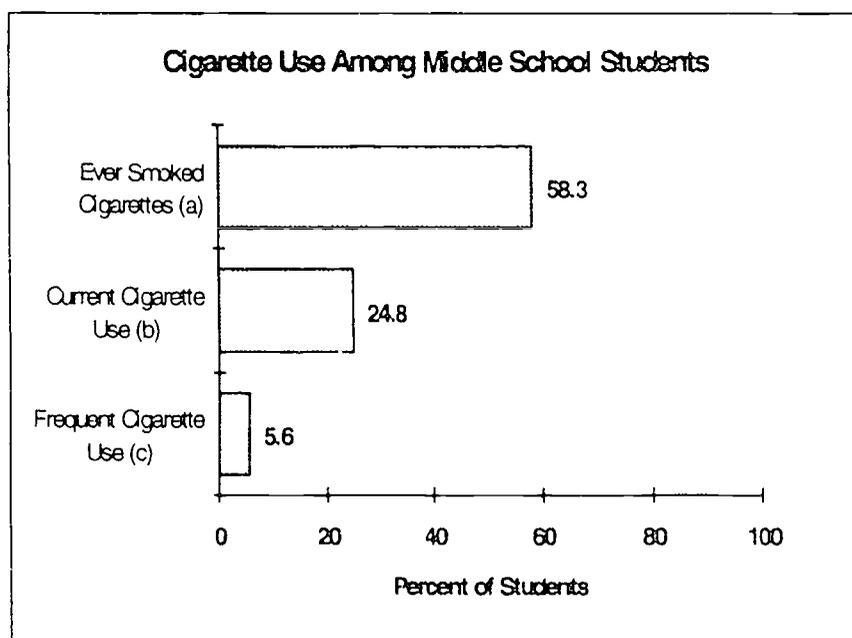
Tobacco is the leading preventable cause of premature mortality in the United States. The majority of Alaska smokers (83.7%), began smoking between the ages of 10 and 20 years<sup>2</sup>. Because of the addictive properties of nicotine, smokers find it difficult to quit. Therefore, many efforts to decrease smoking in our society have been directed towards youth to decrease access to tobacco products and to discourage youth from starting to smoke<sup>3</sup>.

### YRBS RESULTS

#### Cigarette Smoking

Over half of middle school students have tried smoking at least once; about one-fourth smoked at least one day in the past 30 days and 5.6% smoked on 20 or more of the past 30 days.

1995 Alaska YRBS-Middle School Results

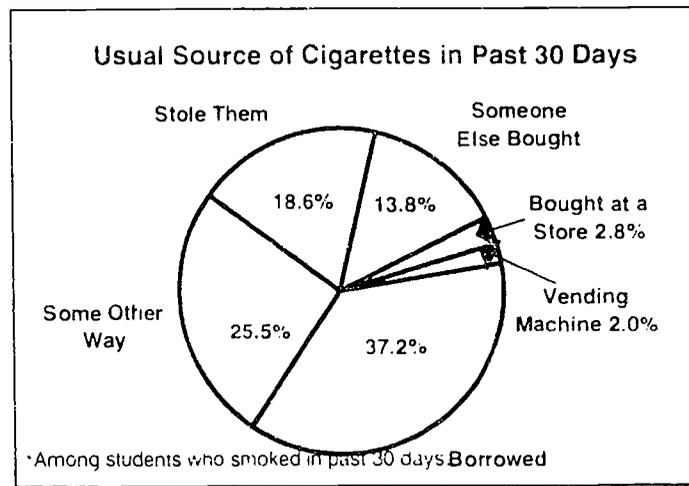


- a) Ever tried cigarette smoking
- b) Smoked on at least one of the 30 days prior to the survey
- c) Smoked on at least 20 of the 30 days prior to the survey

## Where are Students Getting Cigarettes?

The most common way middle school students obtain cigarettes is by borrowing them from someone else (37.2% of smokers); very few middle school smokers purchased cigarettes themselves at a store or vending machine in the 30 days prior to the survey.

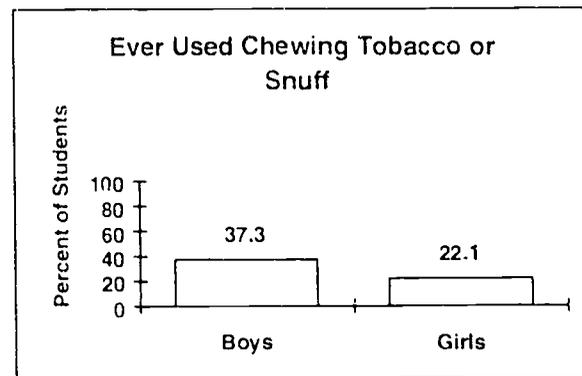
1995 Alaska YRBS-Middle School Results



## Chewing Tobacco and Snuff

Boys are more likely to report ever having used chewing tobacco or snuff (37.3%) and over 20% of girls have also used smokeless tobacco products.

1995 Alaska YRBS-Middle School Results



## Section 3: Drug and Alcohol Use

### BACKGROUND

Alcohol and drug abuse are major contributing factors in homicides, suicides and motor vehicle crashes, which are the leading causes of death and disability among young people in the U.S. and in Alaska. Heavy drinking and drug abuse among youth are linked to physical fights, destroyed property, job problems, school failure, delinquency, unwanted pregnancies and transmission of sexually transmitted diseases<sup>4,5</sup>.

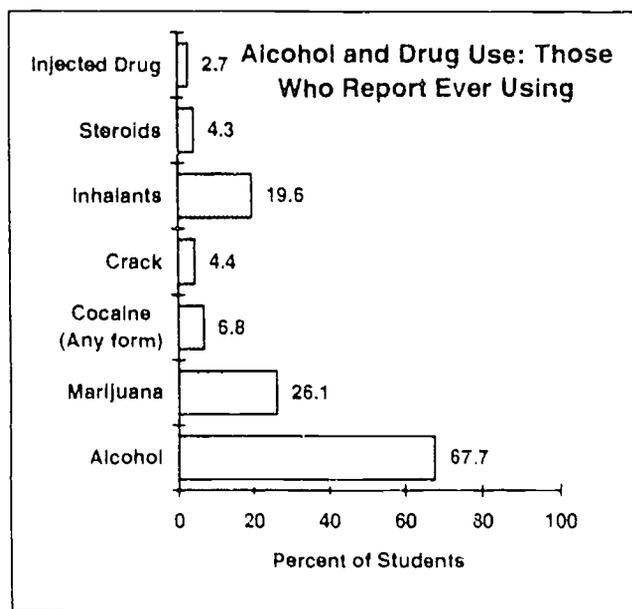
An estimated 19.2% of Alaska adults report binge drinking (having five or more drinks on an occasion, one or more time in the past month). Alaska's rate of binge drinking is among the highest in the U.S.<sup>6</sup>.

### YRBS RESULTS

#### Use of Drugs and Alcohol

Over two thirds of middle school students report ever having had a drink of alcohol. The alcohol question excluded drinking wine for religious reasons. The next most common drugs are marijuana and inhalants (glue, paints and sprays). Nearly 20% of students report ever having used inhalants and 26.1% report ever having used marijuana.

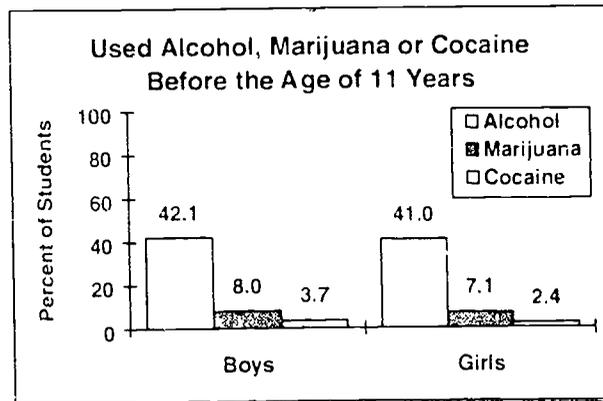
1995 Alaska YRBS-Middle School Results



## Use of Alcohol, Marijuana and Cocaine Before Age Eleven Years

Over 40% of middle school students report having had a first drink of alcohol before age 11 years. Over 7% report having tried marijuana for the first time before age 11 years, accounting for about 30% of those who ever used marijuana.

1995 Alaska YRBS-Middle School Results



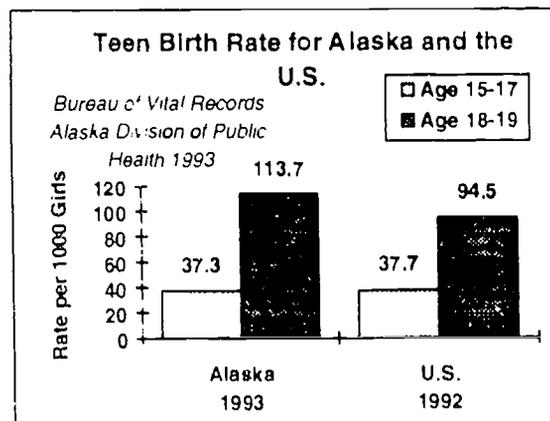
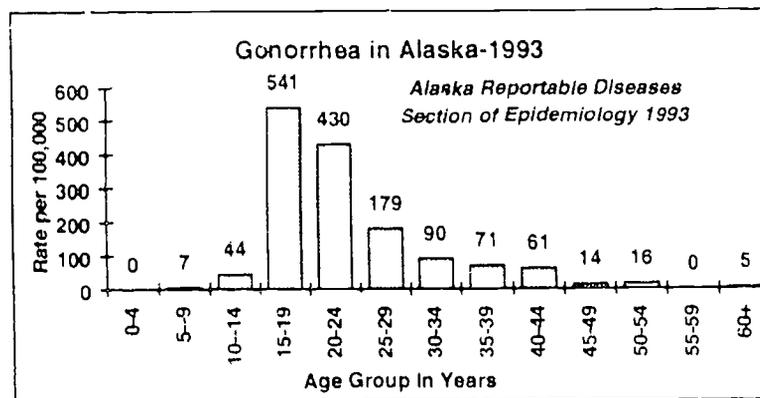
## Section 4: Sexual Behaviors

### BACKGROUND

Early sexual activity can be associated with unwanted pregnancy and sexually transmitted diseases, including HIV infection. Sexually transmitted diseases can lead to infertility, pelvic inflammatory disease and other complications. HIV infection which leads to AIDS is not curable and preventive efforts are the only means of decreasing the spread of the epidemic.

The graph below shows that the age group 15-19 years has the highest rate of gonorrhea infection.

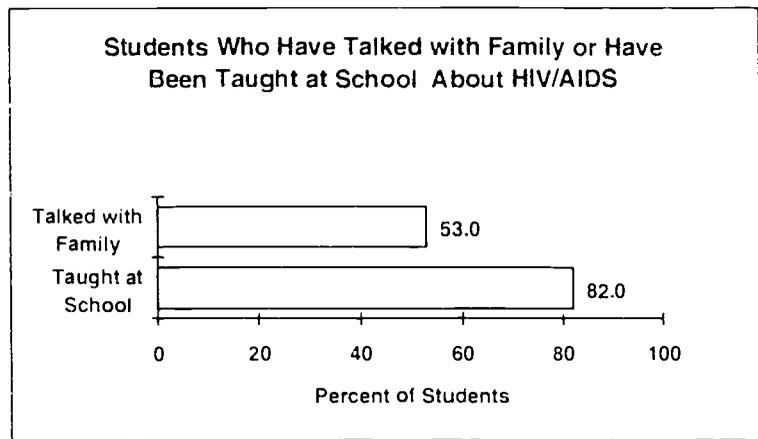
The graph below shows the teen birth rate for Alaska and for the U.S. In 1993, 428 girls age 17 and younger gave birth in Alaska<sup>7</sup>.



## How are Alaska Middle School Students Learning about HIV/AIDS?

A large majority, 82.0% of middle school students have received education about HIV/AIDS at school. About 50% report that they have talked about HIV/AIDS infection with their parents or other adults in the family. There is little difference between boys and girls at this level.

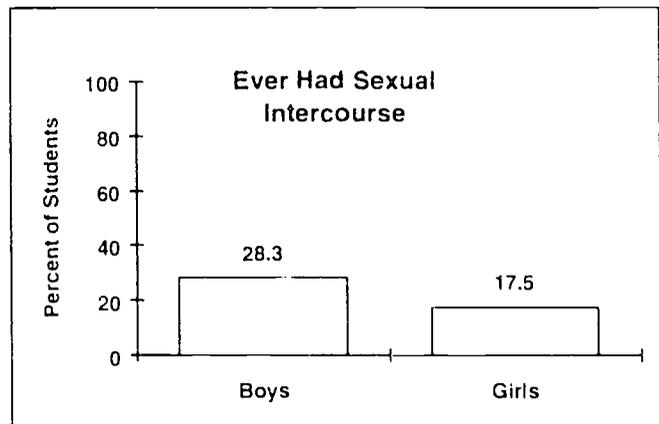
1995 Alaska YRBS-Middle School Results



## Sexual Activity

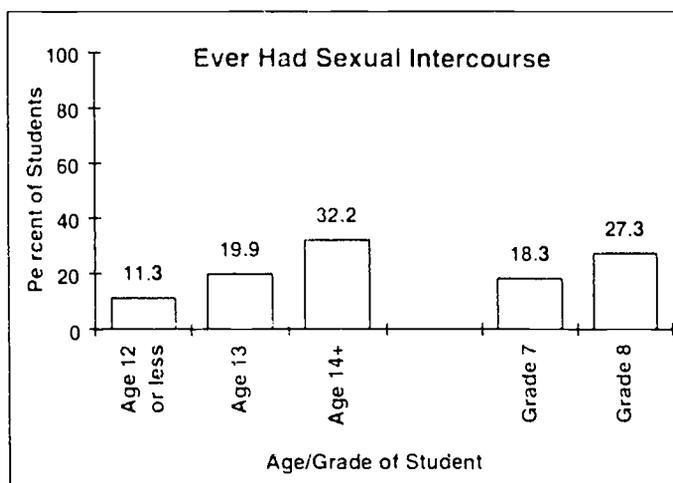
Boys are more likely to have had intercourse than are girls. Of middle school boys 28.3% report that they have had sexual intercourse at least once, compared to 17.5% of girls.

1995 Alaska YRBS-Middle School Results



1995 Alaska YRBS-Middle School Results

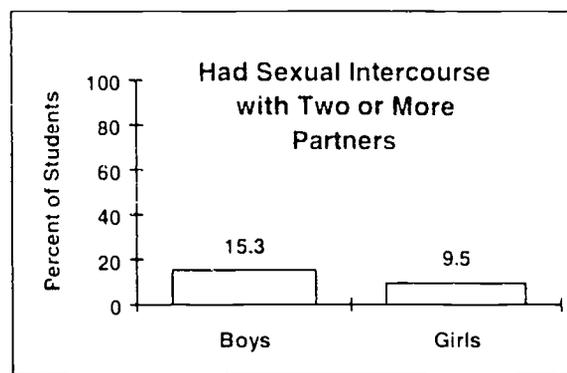
The probability of having sexual intercourse increases with the age of the student. More than 10% of 12-year-olds report having had sexual intercourse and over 30% of 14-year-olds report having had sexual intercourse at least once. Eighth graders are more likely to report having sexual intercourse than seventh graders.



### Number of Partners

About 10% of girls and 15% of boys report having had sexual intercourse with more than one partner.

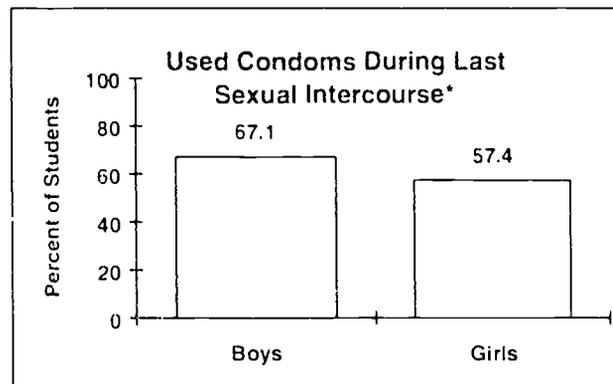
1995 Alaska YRBS-Middle School Results



### Condom Use

About two-thirds of students who have had sexual intercourse used a condom during last intercourse; boys are more likely to report condom use than are girls.

1995 Alaska YRBS-Middle School Results



\*Among students who reported having had sexual intercourse.

## Section 5: Weight and Dietary Behaviors

### BACKGROUND

National data show that obesity is increasing among adolescents. Obesity acquired during childhood often persists into adulthood, increasing the later risk for diabetes, high blood pressure and heart disease<sup>8</sup>. In addition, obesity can cause social and psychological stress to children and adolescents<sup>9</sup>.

Adolescent girls may develop eating disorders. An overemphasis on thinness may also be unhealthy.

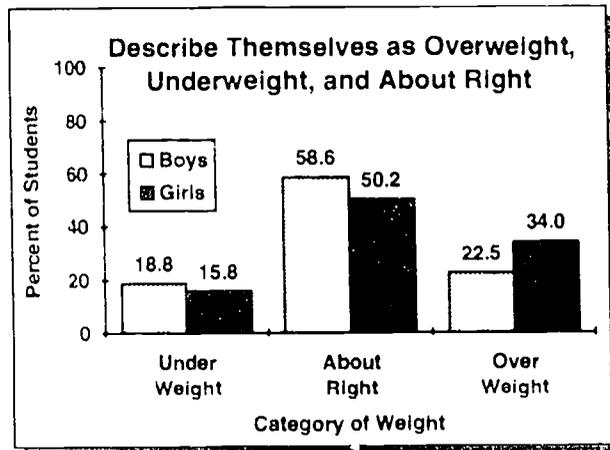
To avoid problems of obesity and eating disorders, healthy eating habits should be encouraged among adolescents. Current dietary guidelines include increasing consumption of breads, grains and cereals; eating at least five servings of fruits and vegetables per day and maintaining a healthy weight<sup>10</sup>.

### YRBS RESULTS

#### Description of Weight

About one-third of middle school girls describe themselves as overweight. Girls are slightly more likely than boys to describe themselves as overweight and boys are more likely to describe themselves as underweight or of normal weight.

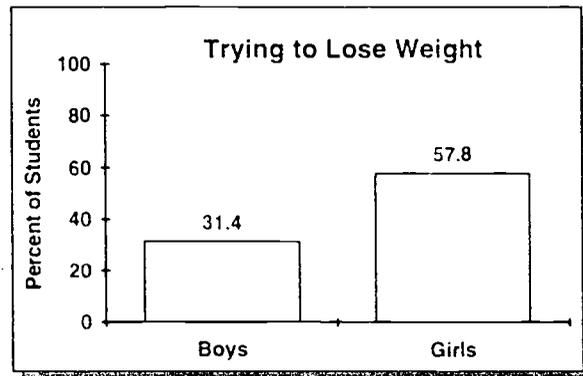
1995 Alaska YRBS- Middle School Results



### Trying to Lose Weight

Although 34.0% of girls describe themselves as overweight, 57.8% are trying to lose weight. The difference between perception of being overweight (22.5%) and trying to lose weight (31.4%) is not as dramatic among the boys.

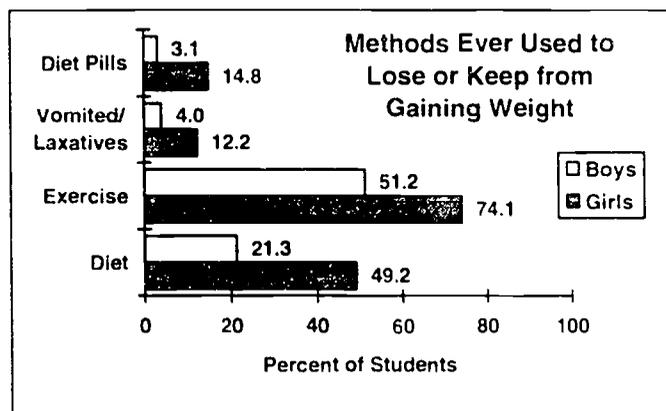
1995 Alaska YRBS-Middle School Results



### Methods To Lose or Keep from Gaining Weight

The most common methods ever used by middle school students to lose or keep from gaining weight are exercise and dieting. About 12% of middle school girls have vomited or used laxatives for weight loss and about 15% have used diet pills.

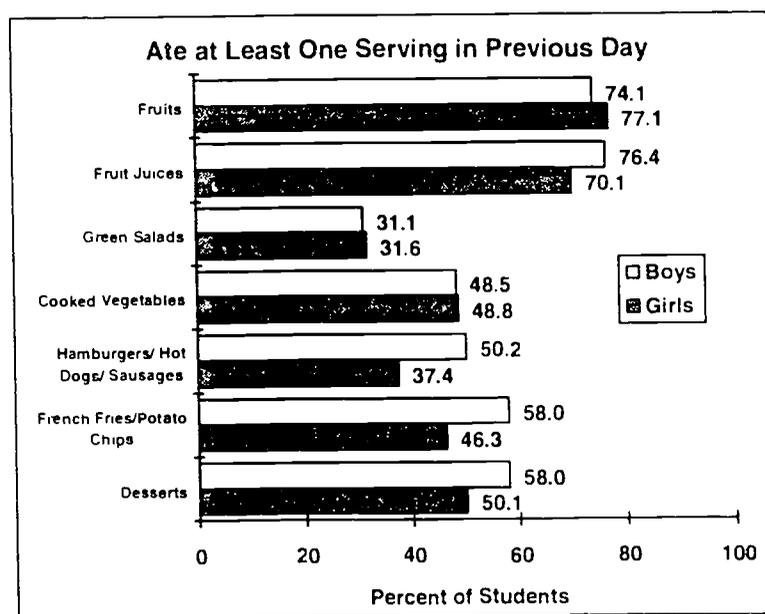
1995 Alaska YRBS-Middle School Results



## Nutrition Behaviors

Seventy-five percent of students report eating at least one serving of fruit and fruit juice on the previous day. About half report eating cooked vegetables on the previous day. Boys are more likely than girls to report eating hamburgers, hot dogs, french fries and desserts (cakes, cookies, doughnuts, pie).

1995 Alaska YRBS-Middle School Results



## Section 6: Physical Activity

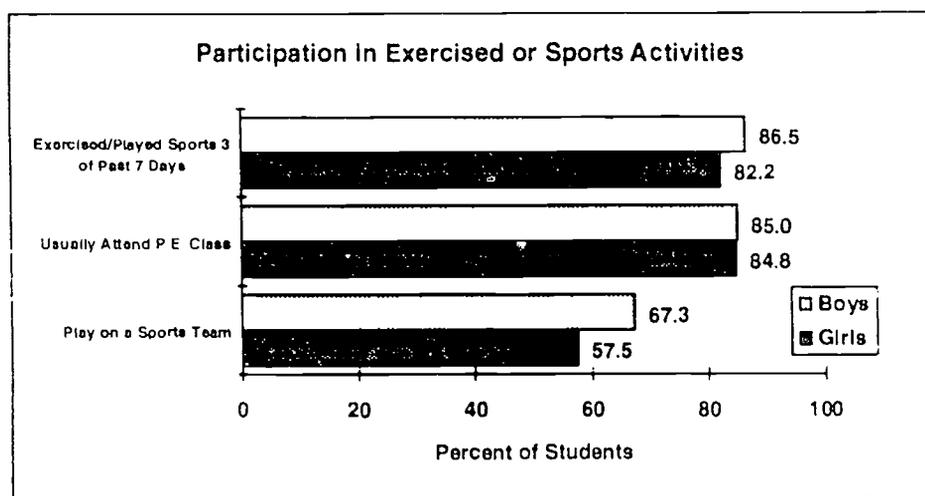
### BACKGROUND

Regular physical activity can increase life expectancy<sup>11</sup>. Physical activity can also enhance mental health and self-esteem, of particular benefit to adolescents<sup>12</sup>. As with nutrition, development of good exercise habits in childhood and adolescence which are maintained into adulthood can prevent or delay many chronic diseases.

### YRBS RESULTS

Over 80% of middle school boys and girls report that they have exercised or played sports 3 of the past 7 days. Both boys and girls report similar exercise frequencies, although boys are slightly more likely than girls to play on a sports team.

1995 Alaska YRBS-Middle School Results



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10. Public Health Service, U.S. Department of Health and Human Services. (1988). The Surgeon General's Report on Nutrition and Health. DHHS Pub. No. (PHS)88-50210. Washington, DC: U.S. Government Printing Office p8.
11. Paffenbarger, R.S., Hyde, R.T., Wing, A.L., and Hsieh, C.C. (1986). Physical activity, all-cause mortality, and longevity of college alumni. New England Journal of Medicine 314. p605-613.
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**Appendix A**  
**High School Questions**  
**and**  
**Alaska Responses**

## High School Questions and Alaska Responses

	Unweighted N	Weighted Percent
1. How old are you:		
12 years or younger	2	.1
13 years	2	.1
14 years	100	1.0
15 years	483	26.7
16 years	452	25.6
17 years	389	22.3
18 years or older	215	15.3
Total	1631	100.0
2. What is your sex:		
Female	71	4.3
Male	1221	75.7
Total	1292	100.0
3. In what grade are you:		
4th grade	497	29.8
11th grade	383	23.5
11th grade	477	29.2
11th grade	219	13.5
Ungraded or Other	5	.3
Total	1632	100.0
4. How do you describe yourself:		
White - not Hispanic	1147	68.3
Black - not Hispanic	87	5.2
Hispanic or Latino	53	3.2
Asian or Pacific Islander	75	4.3
American Indian or Alaskan Native	184	11.0
Other	52	3.0
Total	1666	100.0
5. How often do you wear a seat belt when riding in a car driven by someone else:		
Never	35	6.3
Rarely	196	33.2
Sometimes	271	47.6
Most of the time	497	89.4
Always	371	65.7
Total	1270	100.0
6. During the past 12 months, how many times did you ride in a car driven by someone else:		
1 or fewer	1191	73.1
2 to 10 times	291	17.9
11 to 20 times	51	3.2
21 to 30 times	19	1.2
31 or more times	49	3.0
Total	1611	100.0

7. When you rode a motorcycle during the past 12 months, how often did you wear a helmet?

I did not ride a motorcycle during the past 12 months	1127	91.7
Never wore a helmet	122	10.7
Rarely wore a helmet	75	6.6
Sometimes wore a helmet	27	2.3
Most of the time wore a helmet	31	2.6
Always wore a helmet	143	11.7
Total	1325	100.0

8. During the past 12 months, how many times did you ride a bicycle?

0 times	147	12.0
1 to 10 times	151	12.3
11 to 20 times	134	10.9
21 to 30 times	107	8.7
41 or more times	47	3.8
Total	1226	100.0

9. When you rode a bicycle during the past 12 months, how often did you wear a helmet?

I did not ride a bicycle during the past 12 months	135	10.8
Never wore a helmet	1115	90.2
Rarely wore a helmet	77	6.3
Sometimes wore a helmet	59	4.8
Most of the time wore a helmet	49	4.0
Always wore a helmet	50	4.1
Total	1226	100.0

10. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?

0 times	1100	89.1
1 time	176	14.2
2 or 3 times	122	9.9
4 or 5 times	49	4.0
6 or more times	105	8.5
Total	1229	100.0

11. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?

0 times	1414	91.1
1 time	117	7.2
2 or 3 times	45	2.8
4 or 5 times	25	1.5
6 or more times	20	1.2
Total	1521	100.0

12. During the past 12 months, how many days did you carry a knife or gun to school?

0 days	1414	96.4
1 day	7	0.5
2 or 3 days	7	0.5
4 or 5 days	11	0.7
6 or more days	152	10.0
Total	1441	100.0

13. During the past 12 days, how many days did you carry a knife or gun to school?

0 days	1478	97.9
1 day	11	0.7
2 or 3 days	11	0.7
4 or 5 days	13	0.8
6 or more days	14	0.9
Total	1497	100.0

14. During the past 12 days, on how many days did you carry a weapon such as a knife, knife, or club to school?

0 days	1424	97.9
1 day	17	1.1
2 or 3 days	17	1.1
4 or 5 days	11	0.7
6 or more days	48	3.2
Total	1491	100.0

15. During the past 12 days, how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

0 days	1570	96.4
1 day	26	1.5
2 or 3 days	20	1.3
4 or 5 days	8	0.4
6 or more days	5	0.3
Total	1629	100.0

16. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?

0 times	1469	91.6
1 time	57	3.3
2 or 3 times	11	0.7
4 or 5 times	11	0.7
6 or 7 times	7	0.4
8 or 9 times	4	0.2
10 or 11 times	4	0.2
12 or more times	14	0.9
Total	1601	100.0



Unweighted    Weighted  
N                  Percent

17. During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or items on school property?

0 times	1032	64.2
1 time	441	19.7
2 or 3 times	247	14.8
4 or 5 times	84	3.3
6 or 7 times	23	1.2
8 or 9 times	7	0.1
10 or 11 times	1	0.0
12 or more times	19	1.1
Total	1626	100.0

18. During the past 12 months, how many times were you in a physical fight?

0 times	1038	64.2
1 time	447	19.7
2 or 3 times	174	10.7
4 or 5 times	65	4.0
6 or 7 times	21	1.4
8 or 9 times	7	0.5
10 or 11 times	1	0.0
12 or more times	43	2.8
Total	1687	100.0

19. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?

0 times	1545	95.3
1 time	56	3.5
2 or 3 times	19	1.2
4 or 5 times	3	0.2
6 or more times	6	0.4
Total	1629	100.0

20. During the past 12 months, how many times were you in a physical fight on school property?

0 times	1351	83.4
1 time	166	10.5
2 or 3 times	62	4.0
4 or 5 times	14	0.9
6 or 7 times	7	0.4
8 or 9 times	1	0.0
10 or 11 times	1	0.0
12 or more times	11	0.7
Total	1614	100.0

	Number of N	Percent
21. The last time you were in a physical fight, with your fist or a blunt object, I have never been in a physical fight	671	41.8
A total stranger	100	6.0
A friend or someone I know	122	7.5
A boyfriend, girlfriend, or date	15	0.9
A parent, brother, sister, or other family member	167	10.2
Someone not listed above	168	10.2
More than one of the persons listed above	32	2.0
Total	1615	100.0
22. During the past 12 months, did you ever seriously consider attempting suicide?		
Yes	142	8.7
No	1537	94.1
Total	1679	100.0
23. During the past 12 months, did you make a plan about how you would attempt suicide?		
Yes	114	6.7
No	1564	93.3
Total	1678	100.0
24. During the past 12 months, how many times did you actually attempt suicide?		
0 times	1394	90.6
1 time	7	0.5
2 or 3 times	41	2.7
4 or 5 times	10	0.8
6 or more times	9	0.6
Total	1533	100.0
25. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?		
I did not attempt suicide during the past 12 months	1394	90.6
Yes	11	0.9
No	92	6.0
Total	1533	100.0
26. Have you ever tried to smoke or drink alcohol in the past two years?		
Yes	1136	67.8
No	497	29.7
Total	1633	100.0

17. How long were you when you started smoking cigarettes for the first time?

I have never smoked a whole cigarette	104	10.1
1 year or younger	117	11.7
2 or 3 years	111	11.1
4 or 5 years	107	10.7
6 or 7 years	107	10.7
8 or 10 years	107	10.7
11 or 14 years	107	10.7
15 or 18 years	107	10.7
19 years or older	107	10.7
Total	1001	100.0

18. During the past 10 days, on how many days did you smoke cigarettes?

0 days	104	10.4
1 or 2 days	117	11.7
3 or 4 days	111	11.1
5 or 6 days	107	10.7
7 or 8 days	107	10.7
9 or 10 days	107	10.7
All 10 days	111	11.1
Total	1001	100.0

19. During the past 10 days, on the days you smoked, how many cigarettes did you smoke per day?

I did not smoke cigarettes during the past 10 days	104	10.4
Less than 1 cigarette per day	75	7.5
1 cigarette per day	98	9.8
2 to 5 cigarettes per day	141	14.1
6 to 10 cigarettes per day	86	8.6
11 to 20 cigarettes per day	46	4.6
More than 20 cigarettes per day	18	1.8
Total	1001	100.0

20. During the past 10 days, how did you usually get your own cigarettes? (Select only one response.)

I did not smoke cigarettes during the past 10 days	1001	100.0
I bought them in a store such as a convenience store, supermarket, or gas station	151	15.1
I bought them from a vending machine	11	1.1
I gave someone else money to buy them for me	142	14.2
I borrowed them from someone else	17	1.7
I stole them	1	0.1
I got them some other way	11	1.1
Total	1001	100.0

21. When you bought cigarettes in a store during the past 10 days, were you ever asked to show proof of age?

I did not buy cigarettes in a store during the past 10 days	1001	100.0
I did buy cigarettes in a store during the past 10 days	11	1.1
Yes, I was asked to show proof of age	11	1.1
No, I was not asked to show proof of age	11	1.1
Total	1001	100.0

33. During the past 30 days, on how many days did you use alcohol (beer, wine, liquor, etc.) on school property?

0 days	111	6.7
1 or 2 days	11	0.7
3 or 4 days	17	1.1
5 or 6 days	17	1.1
7 to 12 days	19	1.2
13 to 22 days	11	0.7
All 30 days	10	0.6
Total	1617	100.0

34. During the past 30 days, on how many days did you use marijuana on school property?

0 days	1471	91.4
1 day	14	0.9
Total	1485	100.0

35. During the past 30 days, on how many days did you use chewing tobacco or snuff on school property?

0 days	1377	84.4
1 or 2 days	7	0.4
3 to 5 days	10	0.6
6 to 7 days	11	0.7
8 to 19 days	13	0.8
20 to 29 days	16	1.0
All 30 days	41	2.5
Total	1622	100.0

36. During the past 30 days, on how many days did you use chewing tobacco or snuff on school property?

0 days	1470	90.5
1 or 2 days	11	0.7
3 to 5 days	27	1.6
6 to 9 days	14	0.9
10 to 19 days	12	0.7
20 to 29 days	16	1.0
All 30 days	30	1.8
Total	1624	100.0

37. How old were you when you had your first drink of alcohol (other than a few sips)?

I have never had a drink of alcohol (other than a few sips)

0 years or younger	107	6.6
1 year or younger	102	6.3
3 or 4 years	117	7.2
5 or 6 years	140	8.6
7 or 8 years	134	8.2
9 or 10 years	117	7.2
11 years or older	145	8.9
Total	1614	100.0



	Total Number	Percentage
37. During your life, on how many days have you had at least one drink of alcohol?		
0 days	114	11.4
1 or 2 days	121	12.1
3 to 9 days	147	14.7
10 to 19 days	120	12.0
20 to 29 days	126	12.6
40 to 49 days	122	12.2
100 or more days	208	20.8
Total	1000	100.0

38. During the past 30 days, on how many days did you have at least one drink of alcohol.		
0 days	104	10.4
1 or 2 days	146	14.6
3 to 5 days	168	16.8
6 to 9 days	108	10.8
10 to 19 days	73	7.3
20 to 29 days	21	2.1
All 30 days	-	0.0
Total	1000	100.0

39. During the past 30 days, on how many days did you have 3 or more drinks of alcohol in a row, that is, within a couple of hours?		
0 days	1096	109.6
1 day	177	17.7
2 days	114	11.4
3 to 5 days	112	11.2
6 to 9 days	64	6.4
10 to 19 days	33	3.3
20 or more days	7	0.7
Total	1603	160.3

40. During the past 30 days, on how many days did you have at least one drink of alcohol on school property.		
0 days	1504	150.4
1 or 2 days	71	7.1
3 to 5 days	8	0.8
6 to 9 days	10	1.0
10 to 19 days	3	0.3
20 to 29 days	2	0.2
All 30 days	4	0.4
Total	1602	160.2

41. How old were you when you first tried marijuana for the first time.		
I have never tried marijuana	841	84.1
8 years or younger	17	1.7
9 or 10 years	11	1.1
11 or 12 years	134	13.4
13 or 14 years	302	30.2
15 or 16 years	147	14.7
17 years or older	58	5.8
Total	1000	100.0

43. During the past 12 months, how many times have you used marijuana?

Never	718	21.7
1 or 2 times	126	3.8
3 to 4 times	112	3.4
5 to 10 times	86	2.6
11 to 20 times	113	3.4
21 to 30 times	71	2.1
31 or more times	174	5.2
Total	1620	100.0

44. During the past 12 months, how many times did you use marijuana on school property?

Never	1185	36.0
1 or 2 times	107	3.3
3 to 4 times	108	3.3
5 to 10 times	55	1.7
11 to 20 times	48	1.5
21 or more times	69	2.1
Total	1672	100.0

44. During the past 12 months, how many times did you use marijuana on school property?

1 time	1455	90.8
2 or 3 times	49	3.0
4 to 5 times	54	3.3
6 to 10 times	16	1.0
11 to 20 times	13	0.8
21 or more times	14	0.8
Total	1614	100.0

45. How old were you when you tried any form of cocaine, including powder, crack, or freebase, for the first time?

I have never tried cocaine	1488	91.7
8 years or younger	6	0.4
9 or 10 years	6	0.4
11 or 12 years	12	0.7
13 or 14 years	33	2.0
15 or 16 years	57	3.5
17 years or older	18	1.1
Total	1620	100.0

46. During your lifetime, how many times have you used any form of cocaine, including powder, crack, or freebase?

Never	1457	90.0
1 or 2 times	61	3.8
3 to 4 times	41	2.5
5 to 10 times	27	1.7
11 to 20 times	20	1.2
21 or more times	14	0.9
Total	1620	100.0

47. During the past 12 months, how many times did you use any type of  
cigarettes, inhalant powder, snuff, or loose tobacco?

Times	Number of Respondents	Percentage
0 times	1087	66.1
1 or 2 times	12	.7
3 to 9 times	10	.6
10 to 19 times	10	.6
20 to 39 times	1	.1
40 or more times	1	.1
Total	1121	100.0

48. During your life, how many times have you used any type of inhalant  
snuff or tobacco?

Times	Number of Respondents	Percentage
0 times	1087	66.1
1 or 2 times	12	.7
3 to 9 times	10	.6
10 to 19 times	10	.6
20 to 39 times	1	.1
40 or more times	1	.1
Total	1121	100.0

49. During your life, how many times have you smoked raw, or breathed the  
contents of aerosol spray cans, or inhaled any paints or sprays to get  
high?

Times	Number of Respondents	Percentage
0 times	1121	69.7
1 or 2 times	187	11.6
3 to 9 times	33	2.0
10 to 19 times	30	1.8
20 to 39 times	20	1.2
40 or more times	21	1.3
Total	1632	100.0

50. During your life, how many times have you taken steroid pills or shots  
without a doctor's prescription?

Times	Number of Respondents	Percentage
0 times	1567	96.1
1 or 2 times	21	1.3
3 to 9 times	4	.2
10 to 19 times	3	.2
20 to 39 times	2	.1
40 or more times	2	.1
Total	1639	100.0

51. During your life, how many times have you used any other type of  
illegal drug, such as LSD, PCP, Ecstasy, amphetamine, speed, coke, or heroin?

Times	Number of Respondents	Percentage
0 times	1121	69.7
1 or 2 times	131	8.0
3 to 9 times	61	3.7
10 to 19 times	19	1.2
20 to 39 times	17	1.0
40 or more times	41	2.5
Total	1632	100.0

46. During the past 12 months, has anyone offered you a ride in a car that was not insured and/or not licensed?

Yes	1083	64.8
No	594	35.2
Not Sure	12	0.7
Total	1689	100.0

47. During the past 12 months, has anyone offered you a ride in a car that was not insured and/or not licensed, and you refused?

Yes	42	2.5
No	1083	64.8
Total	1627	100.0

48. Have you ever been told that HIV/AIDS is not a real disease?

Yes	12	0.7
No	1674	100.0
Not Sure	3	0.2
Total	1689	100.0

49. Have you ever talked about AIDS or HIV infection with your parents or other adults in your family?

Yes	1070	64.0
No	447	26.5
Not Sure	110	6.5
Total	1627	100.0

50. Have you ever had sexual intercourse?

Yes	741	44.5
No	951	57.4
Total	1692	100.0

51. How old were you when you had sexual intercourse for the first time?

I have never had sexual intercourse	951	56.2
11 years or younger	21	1.2
12 years	56	3.3
13 years	107	6.3
14 years	173	10.2
15 years	188	11.1
16 years	113	6.7
17 years or older	124	7.3
Total	1692	100.0

52. During your life, with how many people have you had sexual intercourse?

I have never had sexual intercourse	951	56.2
1 person	267	15.8
2 people	112	6.6
3 people	45	2.7
4 people	27	1.6
5 people	4	0.2
6 or more people	15	0.9
Total	1692	100.0

All

70. During the past 12 months, with how many people did you have sexual intercourse?

Response	Number of Respondents	Percentage
I have never had sexual intercourse	702	44.2
I have had sexual intercourse, but not during the past 12 months	253	15.9
1 person	341	21.3
2 people	77	4.8
3 people	34	2.1
4 people	11	.7
5 people	7	.4
6 or more people	14	.9
Total	1590	100.0

81. Did you drink alcohol in the month before you had sexual intercourse the last time?

Response	Number of Respondents	Percentage
I have never had sexual intercourse	747	46.9
Yes	375	23.7
No	464	29.4
Total	1586	100.0

81. The last time you had sexual intercourse, did you or your partner use a condom?

Response	Number of Respondents	Percentage
I have never had sexual intercourse	649	41.0
Yes	416	26.3
No	521	32.7
Total	1586	100.0

82. The last time you had sexual intercourse, what method did you or your partner use to prevent pregnancy? (Select only one response.)

Response	Number of Respondents	Percentage
I have never had sexual intercourse	653	41.3
No method was used to prevent pregnancy	125	7.9
Birth control pills	91	5.7
Condoms	163	10.3
Withdrawal	31	1.9
Some other method	14	.9
Not sure	7	.4
Total	1587	100.0

83. How many times have you been pregnant? (Include all pregnancies.)

Response	Number of Respondents	Percentage
0 times	1507	94.9
1 time	31	1.9
2 or more times	17	1.1
Not sure	14	.9
Total	1568	100.0

84. How do you feel about your weight?

Response	Number of Respondents	Percentage
Very satisfied	11	.7
Satisfied	107	6.7
Not satisfied	143	8.9
Slightly satisfied	102	6.4
Very dissatisfied	107	6.7
Total	380	24.1

45. Which of the following are you trying to do about your weight?

lose weight	471	47.1%
gain weight	157	15.7%
stay the same weight	275	27.5%
I am not trying to do anything about my weight	197	19.7%
Total	1070	100.0%

46. During the past 30 days, did you ever try to lose weight or keep from gaining weight?

Yes	406	40.6%
No	1159	115.9%
Total	1565	156.5%

47. During the past 30 days, did you ever try to lose weight or to keep from gaining weight?

Yes	47	4.7%
No	1426	142.6%
Total	1473	147.3%

48. During the past 30 days, did you ever try to gain weight or to keep from gaining weight?

Yes	47	4.7%
No	1549	154.9%
Total	1596	159.6%

49. During the past 30 days, did you ever try to gain weight or to keep from gaining weight?

Yes	18	1.8%
No	1559	155.9%
Total	1577	157.7%

50. Yesterday, how many times did you eat fruit?

0 times	411	41.1%
1 time	496	49.6%
2 times	186	18.6%
3 or more times	130	13.0%
Total	1223	122.3%

51. Yesterday, how many times did you drink fruit juice?

0 times	474	47.4%
1 time	473	47.3%
2 times	41	4.1%
3 or more times	17	1.7%
Total	1005	100.5%

52. Yesterday, how many times did you eat meat or fish?

0 times	47	4.7%
1 time	467	46.7%
2 times	371	37.1%
3 or more times	155	15.5%
Total	1040	104.0%

	Number of Students	Percent
73. Yesterday, how many times did you eat...		
0 times	41	2.5%
1 time	451	27.5%
2 times	151	9.3%
3 or more times	42	2.6%
Total	1685	100%

74. Yesterday, how many times did you eat hamburger, hot dogs, or sausage...		
0 times	152	9.0%
1 time	497	29.5%
2 times	154	9.1%
3 or more times	41	2.4%
Total	1624	96.0%

75. Yesterday, how many times did you eat french fries, potato chips, or...		
0 times	420	25.0%
1 time	591	35.1%
2 times	196	11.6%
3 or more times	49	2.9%
Total	1621	96.6%

76. Yesterday, how many times did you eat cookies, doughnuts, pie, or cake...		
0 times	734	43.5%
1 time	558	33.5%
2 times	221	13.1%
3 or more times	106	6.3%
Total	1619	96.5%

77. On how many of the past 7 days did you exercise or participate in sports activities for at least 20 minutes that made you sweat and breathe hard, such as basketball, jogging, swimming laps, tennis, fast bicycling, or similar aerobic activities?		
0 days	169	10.4%
1 day	184	11.2%
2 days	151	9.0%
3 days	201	12.0%
4 days	178	10.6%
5 days	373	22.4%
6 days	155	9.2%
7 days	366	21.8%
Total	1617	96.4%

78. On how many of the past 7 days did you do stretching exercises, such as toe touching, knee bending, or leg stretching?		
0 days	118	7.3%
1 day	151	9.3%
2 days	169	10.4%
3 days	177	10.9%
4 days	141	8.6%
5 days	137	8.4%
6 days	137	8.4%
7 days	160	9.7%
Total	1607	96.2%

A14



40. How many of the past 12 days did you exercise or play sports?  
Include walking or bicycling to or from school.

0 days	174	10.7
1 day	111	6.8
2 days	168	10.3
3 days	177	10.8
4 days	178	10.9
5 days	174	10.8
6 days	71	4.3
7 days	180	11.0
Total	1123	100.0

41. How many of the past 7 days did you walk or bicycle to or from school  
more than 10 times. Include walking or bicycling to or from school.

0 days	424	25.8
1 day	111	6.7
2 days	108	6.5
3 days	106	6.4
4 days	108	6.5
5 days	112	6.7
6 days	71	4.3
7 days	137	8.2
Total	1617	100.0

42. In an average week when you are in school, on how many days do you go to physical education (PE) classes.

0 days	782	48.0
1 day	20	1.2
2 days	18	1.1
3 days	113	6.9
4 days	236	14.5
5 days	448	27.3
Total	1617	100.0

43. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

I do not take PE	737	45.6
Less than 10 minutes	41	2.5
10 to 20 minutes	78	4.8
21 to 30 minutes	188	11.6
More than 30 minutes	552	33.9
Total	1617	100.0

44. During the past 12 months, on how many sports teams did you play? Do not include PE classes.

0 teams	796	49.3
1 team	41	2.5
2 teams	111	6.8
3 or more teams	174	10.7
Total	1123	100.0

	Unweighted N	Weighted Percent
44. During the past 12 months, in how many youth teams or club organizations outside of your school, did you play?		
0 teams	444	41.1
1 team	145	13.6
2 teams	105	9.7
3 or more teams	111	10.3
Total	1014	100.0

**Appendix B**  
**Middle School Questions**  
**and**  
**Alaska Responses**

## Middle School Questions and Alaska Responses

	1995 N = 1058	1994 N = 1058
<b>1. How long have you been riding a bicycle?</b>		
1 year or less	100	100
2 years	100	100
3 years	100	100
4 years	100	100
5 years	100	100
6 years	100	100
7 years or more	100	100
Total	1058	1058
<b>2. What is your sex?</b>		
Female	529	529
Male	529	529
Total	1058	1058
<b>3. In what grade are you?</b>		
6th grade	100	100
7th grade	100	100
8th grade	100	100
Other	100	100
Total	1058	1058
<b>4. How often do you wear a seat belt when riding in a car?</b>		
Never	100	100
Rarely	100	100
Sometimes	100	100
Most of the time	100	100
Always	100	100
Total	1058	1058
<b>5. When you ride a bicycle, how often do you wear a helmet?</b>		
I do not ride a bicycle	100	100
Never wear a helmet	100	100
Rarely wear a helmet	100	100
Sometimes wear a helmet	100	100
Most of the time wear a helmet	100	100
Always wear a helmet	100	100
Total	1058	1058
<b>6. When you ride a bicycle, how often do you wear a seat belt?</b>		
I do not ride a bicycle	100	100
Never wear a helmet	100	100
Rarely wear a helmet	100	100
Sometimes wear a helmet	100	100
Most of the time wear a helmet	100	100
Always wear a helmet	100	100
Total	1058	1058

10. Have you ever carried any type of weapon, such as a knife or gun?		
Yes	117	1.0%
No	1177	99.0%
Total	1194	100.0%
11. Have you ever been in a physical fight?		
Yes	117	1.0%
No	1177	99.0%
Total	1194	100.0%
12. Have you ever carried any other type of weapon, such as a knife or gun?		
Yes	117	1.0%
No	1177	99.0%
Total	1194	100.0%
13. Have you ever been in a physical fight?		
Yes	117	1.0%
No	1177	99.0%
Total	1194	100.0%
14. Have you ever been in a physical fight in which you were hurt and had to be treated by a doctor or nurse?		
Yes	114	1.0%
No	1139	99.0%
Total	1253	100.0%
15. Have you ever seriously thought about killing yourself?		
Yes	190	1.6%
No	851	98.4%
Total	1041	100.0%
16. Have you ever made a plan to kill yourself?		
Yes	221	2.1%
No	1042	97.9%
Total	1263	100.0%
17. Have you ever thought of as a graduate?		
Yes	119	1.0%
No	1119	99.0%
Total	1238	100.0%

14. How often did you smoke a whole cigarette during the past 30 days?

None	114	9.4%
1	104	8.6%
Total	218	18.0%

15. How old were you when you smoked a whole cigarette for the first time?

I have never smoked a whole cigarette	611	50.5%
1 year or younger	148	12.2%
2 years	101	8.3%
3 years	88	7.3%
4 years	107	8.8%
5 years	79	6.5%
6 years	61	5.0%
7 years or older	52	4.3%
Total	1197	98.6%

16. During the past 30 days, on how many days did you smoke cigarettes?

1 day	114	9.4%
2 or 3 days	101	8.3%
4 to 5 days	62	5.1%
6 to 7 days	57	4.7%
8 to 12 days	43	3.5%
13 to 19 days	37	3.0%
20 to 29 days	31	2.5%
All 30 days	24	2.0%
Total	1199	98.8%

17. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

I did not smoke cigarettes during the past 30 days	114	9.4%
Less than 1 cigarette per day	25	2.1%
1 cigarette per day	63	5.2%
2 to 3 cigarettes per day	117	9.7%
4 to 10 cigarettes per day	117	9.7%
11 to 19 cigarettes per day	57	4.7%
More than 20 cigarettes per day	11	.9%
Total	1197	98.6%

18. During the past 30 days, how did you usually get your money for cigarettes? (Select all that apply.)

I did not smoke cigarettes during the past 30 days	114	9.4%
I bought them in a store	101	8.3%
I bought them from a vending machine	101	8.3%
I gave someone else money to buy them for me	101	8.3%
I borrowed them from someone else	101	8.3%
I stole them	101	8.3%
I got them from my brother	101	8.3%
Total	1197	98.6%



Unweighted  
N  
Weighted  
Percent

11. How do you feel about the fact that you and your friends were given the party line, were you ever asked to show your ID card?

I don't know whether I should show my ID card	14	0.1
I didn't say anything during the party line	107	0.9
Yes, I was asked to show proof of age	11	0.1
No, I was not asked to show proof of age	17	0.1
Total	139	100.0

12. Have you ever used chewing tobacco or snuff, either socially or for medicinal purposes?

Yes	23	0.2
No	116	0.8
Total	139	100.0

13. Have you ever had a drink of alcohol, other than for religious reasons?

Yes	80	0.6
No	146	0.4
Total	139	100.0

13. How old were you when you had your first drink of alcohol?

I have never had a drink of alcohol other than for religious reasons	181	12.8
8 years or younger	170	11.5
10 years	116	7.6
11 years	47	3.1
12 years	107	7.0
13 years	87	5.6
14 years	22	1.5
15 years	0	0.0
Total	1139	100.0

14. Have you ever used marijuana?

Yes	117	8.4
No	126	9.2
Total	1217	100.0

14. How old were you when you first tried marijuana for the first time?

I have never tried marijuana	848	69.4
8 years or younger	49	4.0
10 years	41	3.4
11 years	47	3.9
12 years	77	6.3
13 years	51	4.2
14 years	13	1.1
15 years	0	0.0
Total	1226	100.0

15. Have you ever used any form of cocaine?

Yes	16	0.1
No	1299	0.9
Total	1315	100.0

B4

27. How long did you wait when you tested and found out you were HIV positive?

1 year or less	100	1.0%
1-2 years	100	1.0%
3-4 years	100	1.0%
5-6 years	100	1.0%
7-8 years	100	1.0%
9-10 years	100	1.0%
11-12 years	100	1.0%
13-14 years	100	1.0%
15 years or more	100	1.0%
Total	1000	10.0%

28. How often do you use a condom or other birth control device?

Yes	1000	10.0%
No	1000	10.0%
Total	2000	20.0%

29. Have you ever sniffed glue, or breathed the contents of spray cans, or used a dry cleaning solvent to get high?

Yes	1000	10.0%
No	1000	10.0%
Total	2000	20.0%

30. Have you ever used steroids?

Yes	1000	10.0%
No	1000	10.0%
Total	2000	20.0%

31. Have you ever used a needle to inject any illegal drug into your body?

Yes	1000	10.0%
No	1000	10.0%
Total	2000	20.0%

32. Have you ever been taught about AIDS or HIV infection in school?

Yes	1000	10.0%
No	1000	10.0%
Not sure	1000	10.0%
Total	3000	30.0%

33. Have you ever talked about AIDS or HIV infection with any family member or friends in your family?

Yes	1000	10.0%
No	1000	10.0%
Not sure	1000	10.0%
Total	3000	30.0%

34. Have you ever had sexual intercourse?

Yes	1000	10.0%
No	1000	10.0%
Total	2000	20.0%

13. How often do you eat a meal that is high in fat and sugar?

Never	10	1.0
1-2 times a week	100	10.0
3-4 times a week	150	15.0
5-6 times a week	150	15.0
7-8 times a week	150	15.0
9-10 times a week	150	15.0
11-12 times a week	150	15.0
Total	750	75.0

14. How often do you eat a meal that is high in fat and sugar?

Never	10	1.0
1-2 times a week	100	10.0
3-4 times a week	150	15.0
5-6 times a week	150	15.0
7-8 times a week	150	15.0
9-10 times a week	150	15.0
11-12 times a week	150	15.0
Total	750	75.0

15. How often do you eat a meal that is high in fat and sugar?

Yes	100	10.0
No	150	15.0
Total	250	25.0

16. How do you describe your weight?

Very underweight	10	1.0
Slightly underweight	100	10.0
About the same weight	150	15.0
Slightly overweight	150	15.0
Very overweight	150	15.0
Total	560	56.0

17. Which of the following are you trying to do about your weight?

lose weight	150	15.0
gain weight	100	10.0
stay the same weight	150	15.0
I am not trying to do anything about my weight	200	20.0
Total	600	60.0

18. Have you ever had a diet to lose weight or keep your weight?

Yes	100	10.0
No	150	15.0
Total	250	25.0

19. Have you ever had a diet to lose weight or keep your weight?

Yes	100	10.0
No	150	15.0
Total	250	25.0



42. Have you ever taken a diet pill to lose weight?  
 Yes 1 0.1  
 No 1194 99.9  
 Total 1195

43. Have you ever taken diet pills to lose weight?  
 Yes 1 0.1  
 No 1194 99.9  
 Total 1195

44. Yesterday, how many times did you eat salad?  
 0 times 107 9.0  
 1 time 107 9.0  
 2 times 111 9.3  
 3 or more times 117 9.8  
 Total 1195

45. Yesterday, how many times did you drink fruit juice?  
 0 times 111 9.3  
 1 time 111 9.3  
 2 times 104 8.7  
 3 or more times 111 9.3  
 Total 1195

46. Yesterday, how many times did you eat green salad?  
 0 times 101 8.5  
 1 time 110 9.2  
 2 times 105 8.8  
 3 or more times 111 9.3  
 Total 1195

47. Yesterday, how many times did you eat cooked vegetables?  
 1 times 102 8.5  
 1 time 101 8.5  
 2 times 111 9.3  
 3 or more times 111 9.3  
 Total 1195

48. Yesterday, how many times did you eat mushrooms, cut in slices?  
 0 times 111 9.3  
 1 time 111 9.3  
 2 times 111 9.3  
 3 or more times 111 9.3  
 Total 1195

	Number of N	Percentage (%)
47. Yesterday, how many times did you eat lunch at school?		
7 times	78	1.1
6 times	403	5.7
5 times	111	1.6
4 or more times	77	1.1
Total	1249	100.0

50. Yesterday, how many times did you eat snacks, lunchmeat, pie, or food?		
0 times	674	15.7
1 time	492	11.6
2 times	102	2.4
3 or more times	119	2.8
Total	1387	100.0

51. On how many of the past 7 days did you exercise or play sports such as basketball, soccer, running, swimming laps, tennis, or fast bicycling?		
0 days	61	4.7
1 day	46	3.5
2 days	4	0.3
3 days	41	3.1
4 days	76	5.7
5 days	181	13.7
6 days	122	9.2
7 days	652	49.2
Total	1237	100.0

52. How many days per week do you usually go to physical education (PE) or gym class?		
0 days	165	15.1
1 day	34	3.1
2 days	52	4.7
3 days	302	27.5
4 days	105	9.6
5 days	640	58.7
Total	1238	100.0

53. Do you play on any sports teams or by yourself or other organizations outside your school?		
Yes	76	6.1
No	463	37.1
Total	1237	100.0

54. Do you do any other organized physical activity besides sports teams, such as dance, gymnastics, or swimming?		
Yes	141	11.4
No	416	33.7
Total	1237	100.0

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